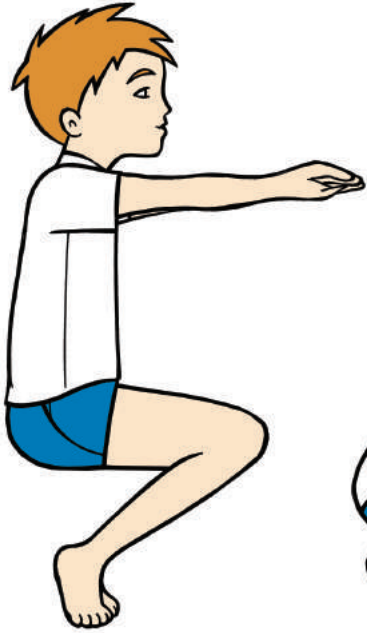


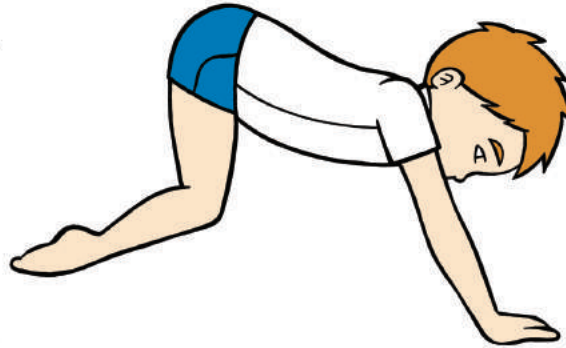
Basic Bunny Hop



Start in a Squat shape.



Lean forward to place hands on the mat. Keep chin up and look forward.



Use toes to push off.
Hips up high, arms straight.



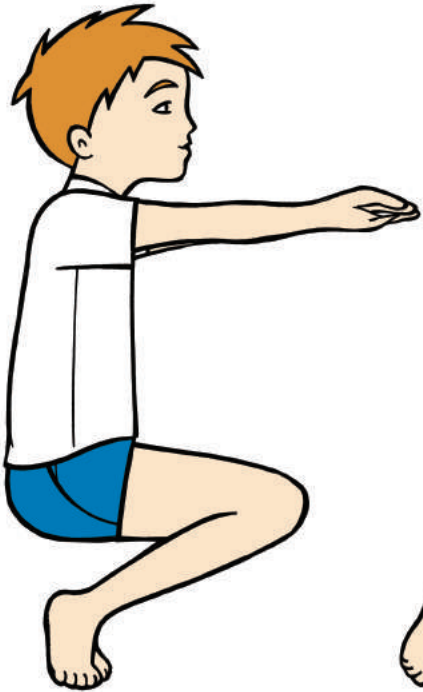
Bring knees into chest.



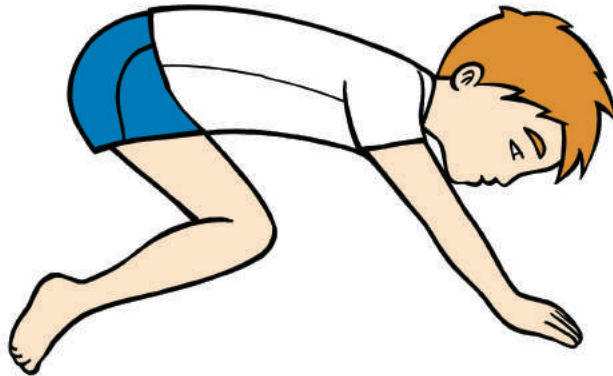
Position ready to start again.

SAFETY - Chin up and look forward.
- Use mat for beginners.

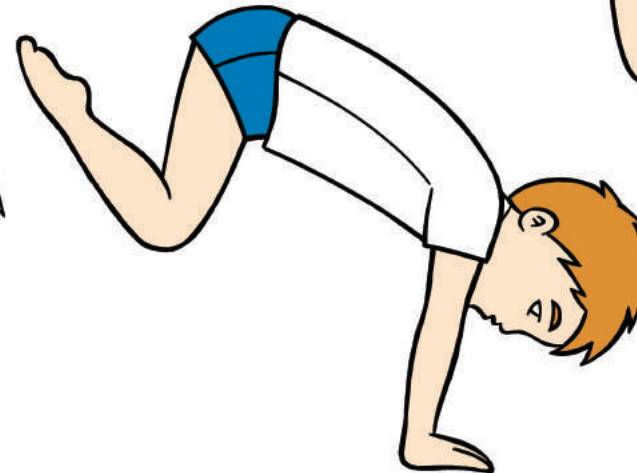
Advanced Bunny Hop



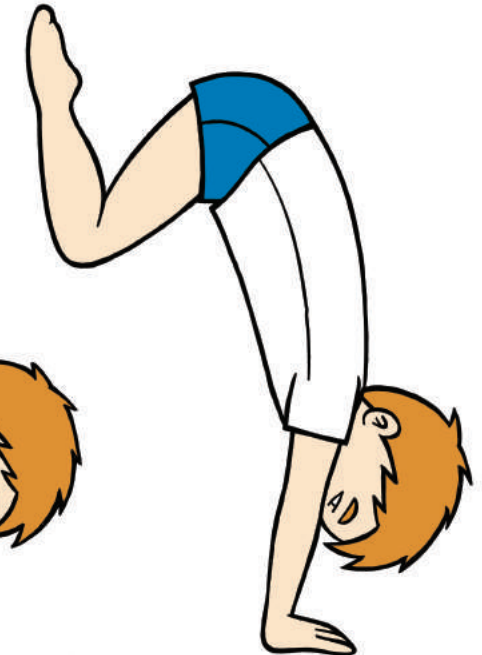
Start in a Squat shape.



Lean forward to place hands on the mat. Look down at fingertips or just in front.



Use toes to push off. Hips up high, arms straight.



Remain looking at fingertips. Knees to remain tucked towards tummy.

SAFETY - Children should **NOT** look through arms – this will stop them rolling over!
- Use a mat