



Figure 9-11. Power skip.



Figure 9-12. Run and lateral shuffle.



Figure 9-13. Leg action.

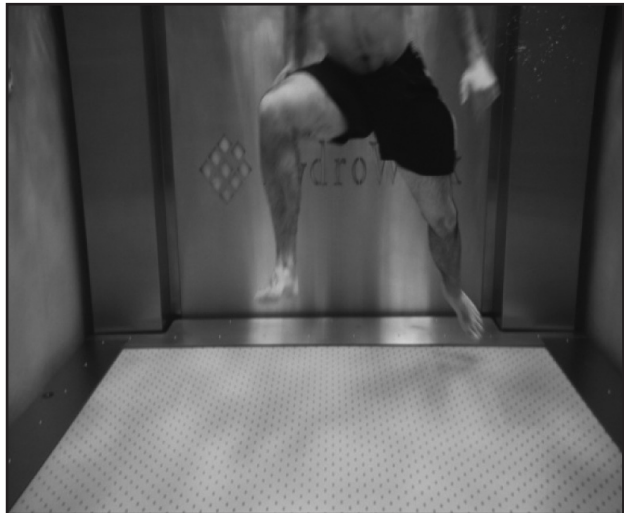


Figure 9-14. Ice skater.



Figure 9-15. Multiplanar box jumps.



Figure 9-16. Single-leg rotation.