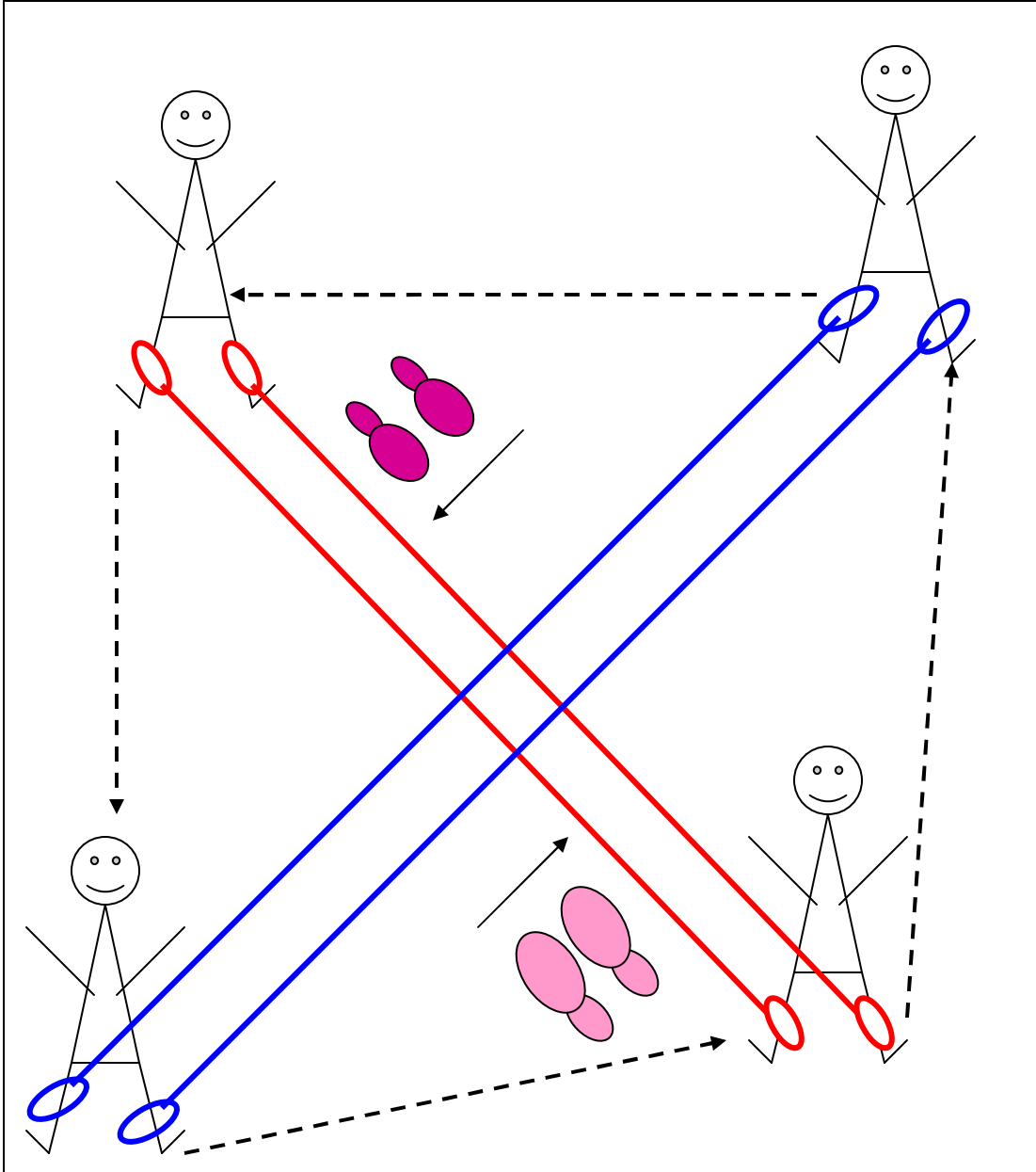


Jump Bands: Advanced Kipa Ko Hoalauna



Description of Activity:

- Start with one (1) Center.
 - The open space between the Jump Bands, just to the right of the Center, is that Center's Home.
 - The Center hops into the middle of the two bands with **right** foot; then **left** foot.
 - The Center hops out with **right** foot, then hops again on **right** foot; then hops on **left** foot.
 - Repeat the sequence again while moving to the next Home.
 - ****Right, Left, Right, Right, Left.**
 - As their skills improve, add a 2nd Center, a 3rd Center and then a 4th Center.
- Enders: Jump "Out-Out-In-In", while rotating counter-clockwise.**