

B	I	N	G	O
take a run up	2 feet	Springboard	move the springboard away from the horse	horse
Increase the height of the horse	support at shoulders	land in different positions	2000	make horse lower
step into the spring board	use 2 spotters	FREE	Bend knees slightly	don't get too close
flank vault	standing jump	hands up to maintain balance	crash mat	keep head up
Squat straight through	Don't get hit by feet	land on 2 feet	use near hand	Jump squat

B	I	N	G	O
use 2 spotters	2000	move the springboard away from the horse	Increase the height of the horse	land in different positions
Springboard	use near hand	horse	Don't get hit by feet	make horse lower
flank vault	Bend knees slightly	FREE	don't get too close	2 feet
crash mat	land on 2 feet	take a run up	Jump squat	standing jump
hands up to maintain balance	keep head up	step into the spring board	support at shoulders	Squat straight through

B	I	N	G	O
Don't get hit by feet	land on 2 feet	2000	keep head up	Bend knees slightly
take a run up	flank vault	hands up to maintain balance	support at shoulders	horse
step into the spring board	Jump squat	FREE	standing jump	crash mat
use 2 spotters	make horse lower	move the springboard away from the horse	use near hand	Springboard
don't get too close	2 feet	land in different positions	Increase the height of the horse	Squat straight through