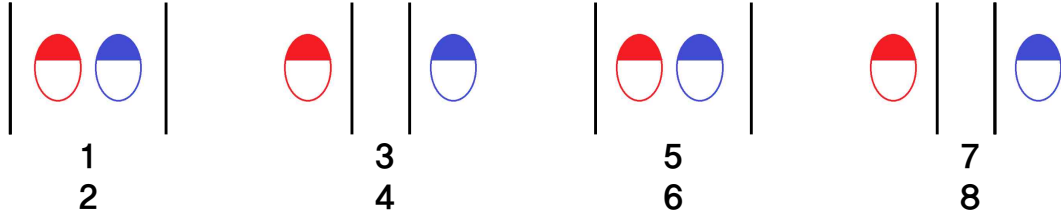


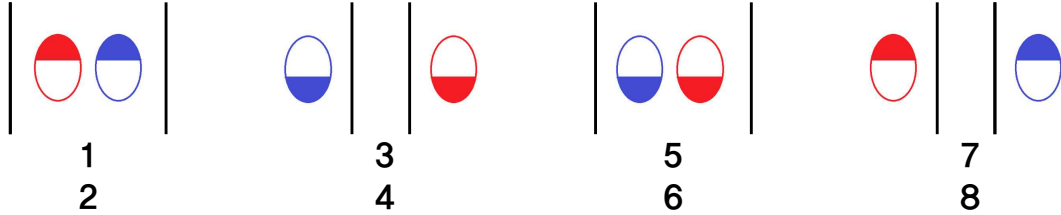
# 점프밴드 기본 동작 12단계

학년      반      이름 :

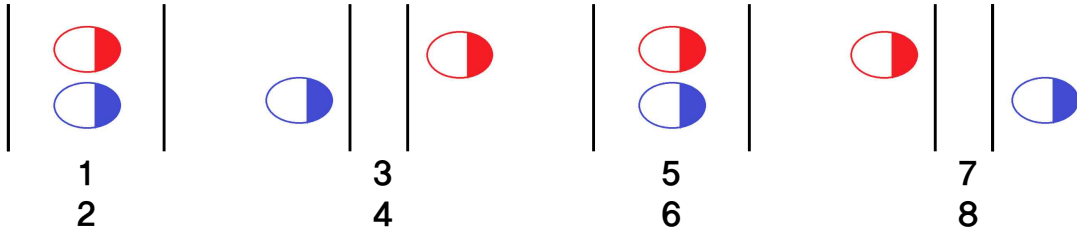
## 1. 좌우벌려 뛰기



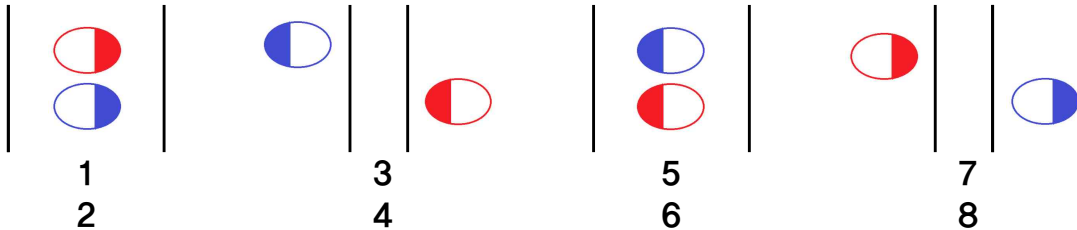
## 2. 좌우벌려 뛰고 돌기



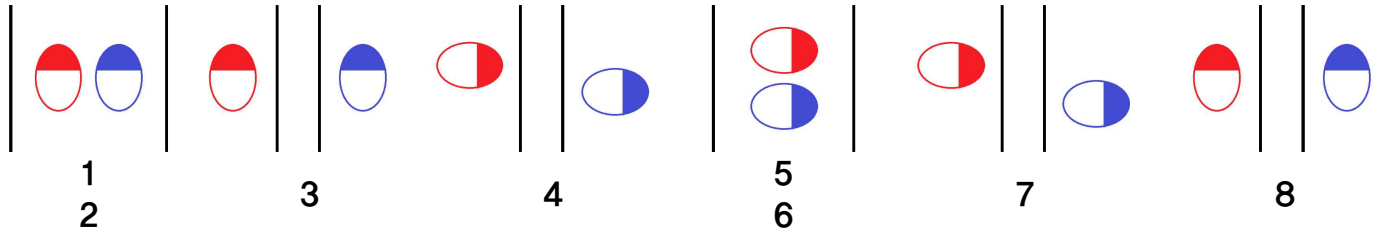
## 3. 앞뒤벌려 뛰기



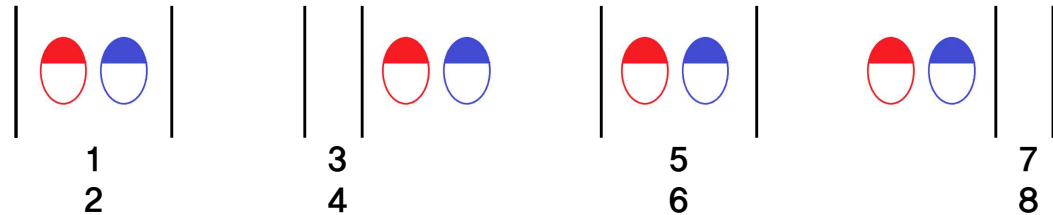
## 4. 앞뒤벌려 뛰고 돌기



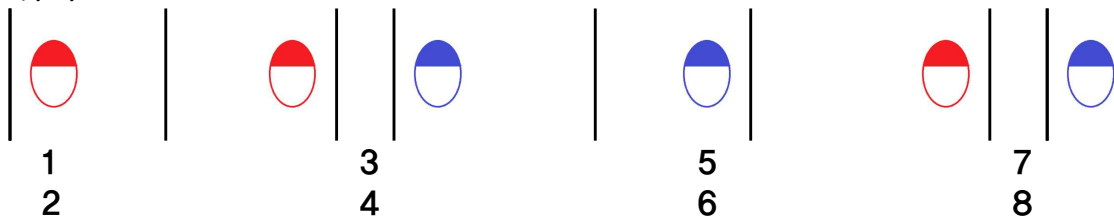
## 5. 섞어 뛰기



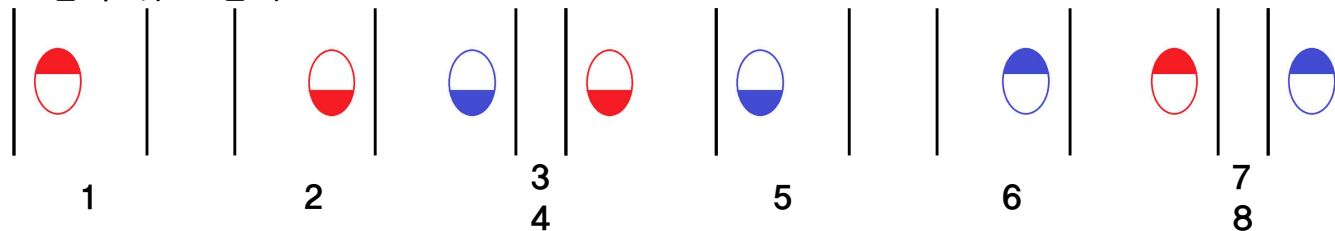
## 6. 지그재그 뛰기



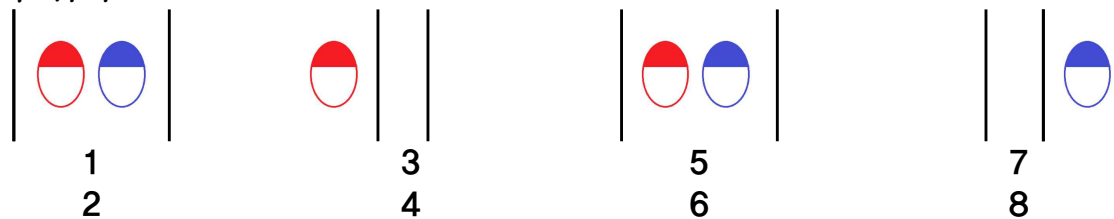
### 7. 폴짝 뛰기



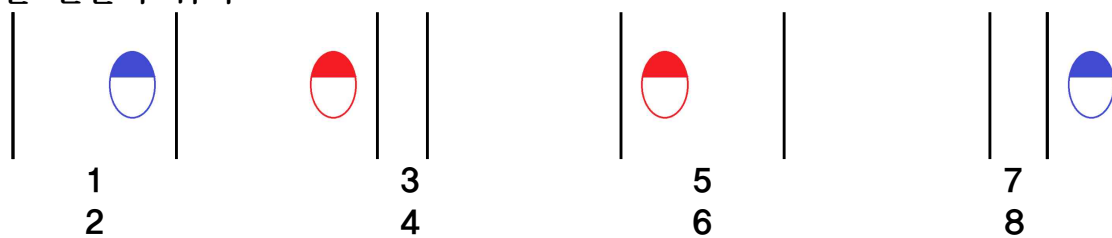
### 8. 폴짝 뛰고 돌기



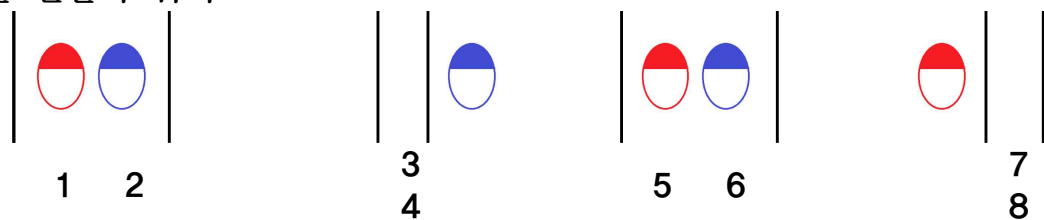
### 9. 역폴짝 뛰기



### 10. 한발 번갈아 뛰기



### 11. 양발 번갈아 뛰기



### 12. 크로스오버 뛰기



발가락   왼발,  오른발