Jumping is an ability that most humans and many animals share to some degree.

It is the process of getting ones body off the ground for a short time using only ones own power

Usually by propelling oneself upwards by contraction and then f orceful extension of the legs

In some cases the height of a jump may be increased by using a trampoline

or by pushing down with the arms whilst playing leapfrog one can jump up to reach something high

or jump over a fence or ditch

or jump down and one can jump whilst dancing

and as a sport

but jump also is the synonym for an exciting style of dancing j ust to freak out for sometime

now listen to the sounds of Michael, Rick and the Chicks Termin ator.

Please Jump