

**1**

**Remove your shoes**

- Bunny Hops are always done without shoes

**2**

**Head on shoulders**

**3**

**Arms up in running position... But keep them relaxed**

**4**

**Download a metronome app and set it to 180**

- I use "Pro Metronome"
- You do not need to use the metronome every time you do Bunny Hops

**5**

**Light, springy Bunny Hops at "180 Cadence"**

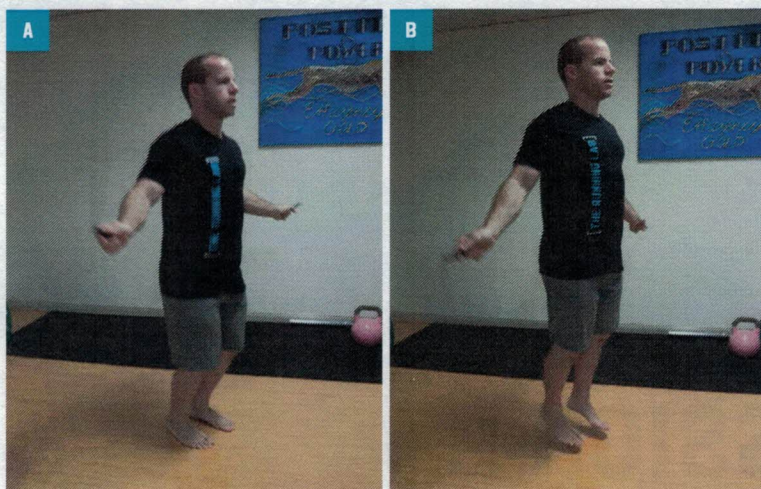
- This is a "10 second" Drill, repeated often
- Balls of Feet and Toes only just leave the ground
- Heels lightly touch the ground every Bunny Hop

**6**

**Use your ears and be as Light as a Feather**

*Handwritten notes in pencil:*  
 - do check of heels at -  
 - "step" of across -  
 - heel should be  
 - level  
 - level  
 - level

## SESSION 2: BUNNY HOPS WITH ROPE



1

Do 5 seconds of Bunny Hops without the Rope

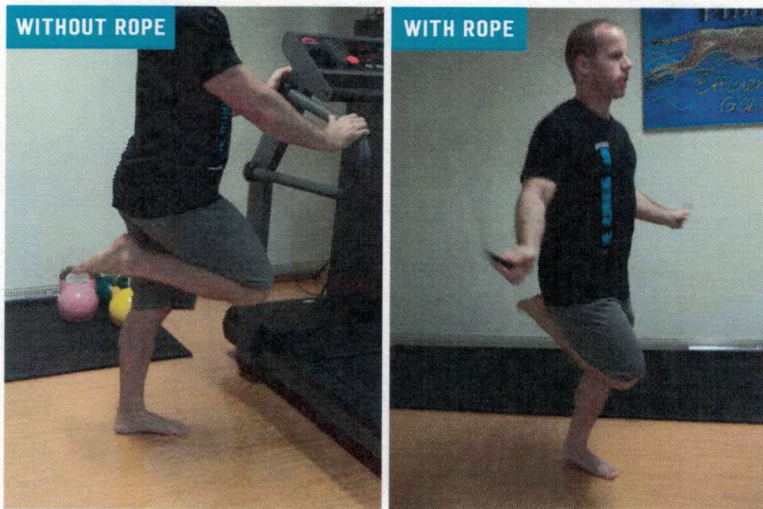
2

Now do 10 seconds of Bunny Hops with the Rope

- Always start with Bunny Hops without the rope for a direct comparison of foot noise
- The challenge is to have your feet sound the same (i.e. quiet and light) with and without the rope

## SESSION 3: HIGH PULLS WITH ROPE

FOOT ANATOMY



### 1 Perform High Pulls without the rope For 5 seconds

- Always start High Pulls without the rope to tune your brain into the movement before adding the complexity of the rope

### 2 Now do 10 seconds Of High Pulls with the rope

- Aim to maintain the same piston-like path of your heel straight up and down to the crease of your butt... no round and round... and no Irish Jig
- This is the drill that involves everything... Feet, Achilles, Calves, Hammies, Posture, Coordination, Heart, Lungs
- For some (including me) this drill will be quite challenging initially... But it is incredibly valuable once you master it