The Definition

Cristyle

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 forceful 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 just to freak out for sometime
now listen to the sounds of Michael, Rick and the Chicks Terminator.
Please Jump

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