**Tour jete’ ½ and Switch leap full – a comparison**

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**Similarities**

180⁰ split is required

360⁰ turn is required

Take-off and landing should be squared

Take-off is usually from the non-dominate leg – to split on gymnasts “good side”

Usually lands on both feet

**Differences**

**Tour jete’ ½ = C Switch leap full = D**

Turns **toward** the of take-off leg Turns **away** from the of take-off leg

Swing leg is opposite of turn direction Swing leg is the same direction as turn

(lefty - brush left leg and turn right) (lefty – brush left leg and turn left)

(righty -brush right leg and turn left) (righty – brush right leg and turn right)

Angle of split usually horizontal Angle of split should be horizontal

(split may be diagonal with no deduction)

**Clues to look for to help differentiate**

Take-off foot is turned out Take off foot is often turned in (not desirable)

Last step is often to the side (direction of turn) Shoulders usually turn early (direction of turn)

Looks like a tour jete’ take-off Looks like a switch side (or switch ½) take-off

Swing leg goes FWD, turn then split FWD Swing leg swings FWD then BWD to turn & split

Arms can easily lift to crown or up Arms get stuck or shoulder doesn’t turn enough

Can look like it passes through straddle position (but must show cross split)

**Video to help train your eye**

<https://www.youtube.com/watch?v=knvmaLQx6EI>