Jumper Family

h   b

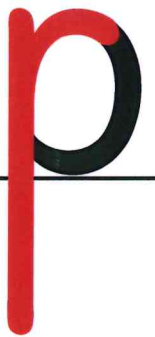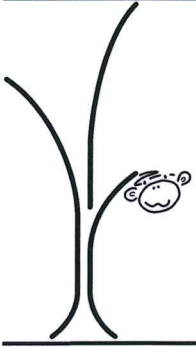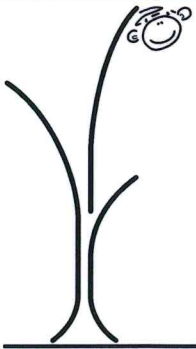r   n   m   p

Down-bump,
Back up,
Push over.