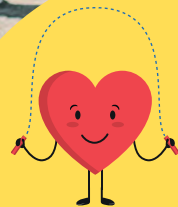




JUMP ROPE *for* HEART

BASIC
SKIPPING SKILLS



Jump – Bounce (Double Bounce)

Skill Prerequisites: Learn to turn and jump

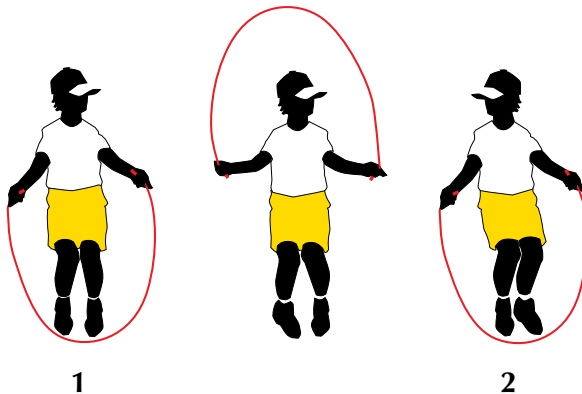
Explanation:

1. Jump the rope once, followed by a small rebound bounce
2. Continue this pattern

Tips: Rope moves slowly

Rebound when rope is in the air

Cue: Jump, bounce, jump, bounce



Find out more: jumprope.org.au

Basic Jump (Single Bounce)

Skill Prerequisite: Learn to turn and jump

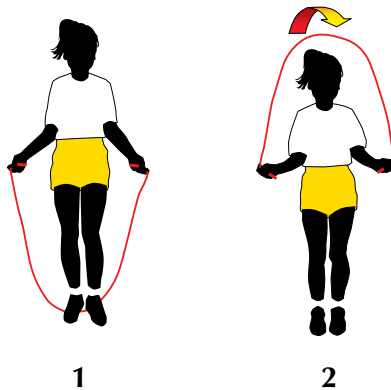
Explanation:

1. Jump on both feet
2. Jump once for each turn of the rope

Tips: Keep feet, ankles and knees together

Land on the balls of the feet

Cue: Jump, jump, jump, jump



Find out more: jumprope.org.au

Backward Jump

Skill Prerequisite: Basic Jump

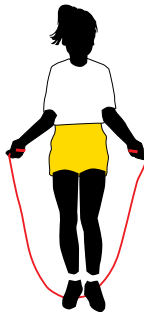
Explanation:

1. Start with rope in front of feet and turn rope backwards
2. Remember to jump on both feet
3. Land on balls of feet
4. Jump once for each turn of the rope
5. Hold and turn the rope as you would for forward skipping

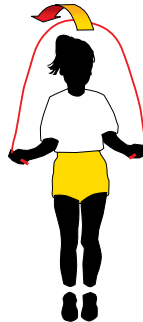
Tips: Keep feet, ankles and knees together

Don't push your hands forward

Cue: Jump, jump, jump



1



2

Find out more: jumprope.org.au

Skier

Skill Prerequisite: Basic Jump

Explanation:

1. With feet together jump left
2. With feet together jump right

Tips: Feet move laterally 15-20cms to each side

Cue: Left, right, left, right



1



2

Find out more: jumprope.org.au

Bell

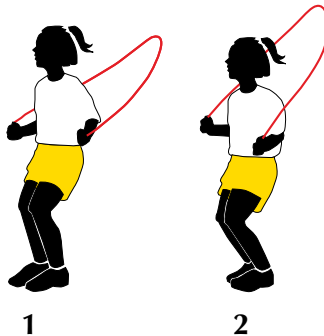
Skill Prerequisite: Basic Jump

Explanation:

1. With feet together jump forward
2. With feet together jump backward

Tips: Feet move 15-20cms forward and backward

Cue: Forward, backward, forward, backward



Find out more: jumprope.org.au

Twist

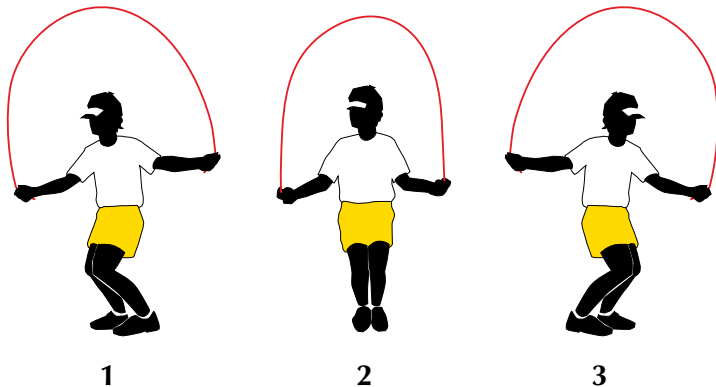
Skill Prerequisites: Basic Jump

Explanation:

1. Jump and turn hips to right side
2. Basic jump
3. Jump and turn hips to left

Tips: Keep upper body facing the front and rotate at the hips

Cue: Right, middle, left, middle



Find out more: jumprope.org.au

Advanced Twist

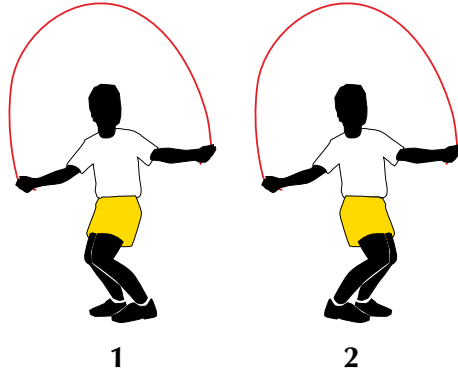
Skill Prerequisite: Twist

Explanation:

1. Jump and turn hips to right side
2. Jump and turn hips to left

Tips: Keep upper body facing the front and rotate at the hips

Cue: Right, left, right, left



Find out more: jumprope.org.au

Side Swing

Skill Prerequisite: None

Explanation:

1. Swing rope to left side
2. Swing rope to right side
3. Continue swinging rope alternating from side to side

Tips: Hold one rope handle in each hand

Keep hands together and feet on the ground

Cue: Left, right, left, right



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3

Find out more: jumprope.org.au

One-Handed Side Swing (Twirl)

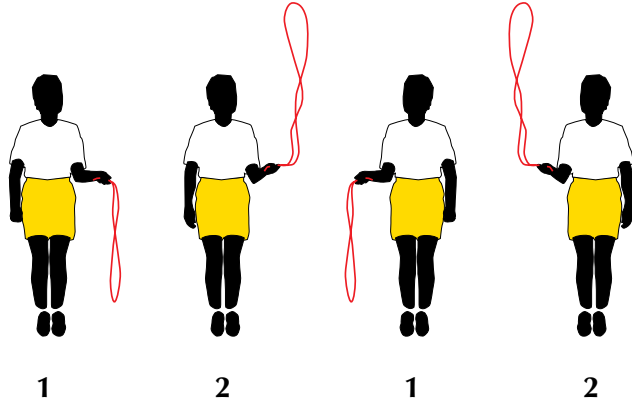
Skill Prerequisite: Side Swing

Explanation:

1. Hold both handles in left hand
2. Twirl rope on left hand side
3. Repeat to the right side using the right hand

Tips: Keep rope parallel to side of the body

Cue: Swing, swing



Find out more: jumprope.org.au

Forearm Wrap

Skill Prerequisite: Side Swing

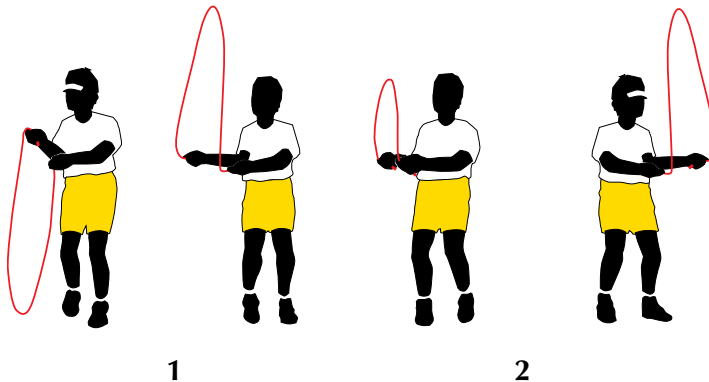
Explanation:

1. Single side swing to the right side, extend right arm and rope will wrap around it
2. To unwrap, reverse the arm rotation

Tips: Bring left hand to mid-forearm

Slightly rotate right arm to help wrap the rope

Cue: Swing, wrap



Find out more: jumprope.org.au

Double Side Swing and Jump

Skill Prerequisites: Side Swing, Basic Jump

Explanation:

1. Swing rope to left side
2. Swing rope to right side
3. Open hands and jump rope
4. Repeat pattern

Tips: Keep hands together for side swings

Begin to open hands as soon as you start the downward part of the swing

Only open hands wide enough to fit body through to jump rope

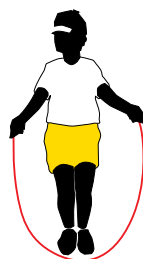
Cue: Left, right, open/jump



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3

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Single Side Swing and Jump

Skill Prerequisite: Side Swing and Basic Jump

Explanation:

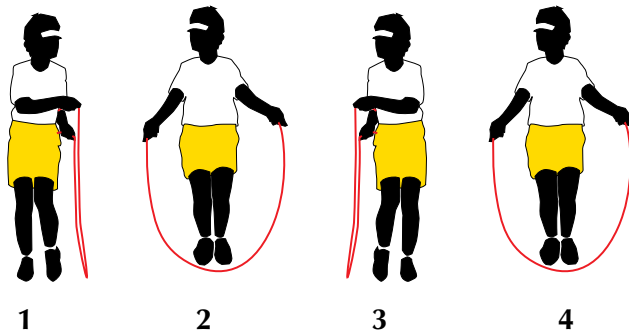
1. Swing rope to left side
2. Open hands and jump over rope
3. Swing rope to right side
4. Open hands and jump over rope

Tips: Hold one rope handle in each hand

Begin to open hands as soon as you start the downward part of the swing

Only open hands wide enough to fit body through to jump rope

Cue: Swing, jump, swing, jump



Find out more: jumprope.org.au

Continuous Side Swing Open

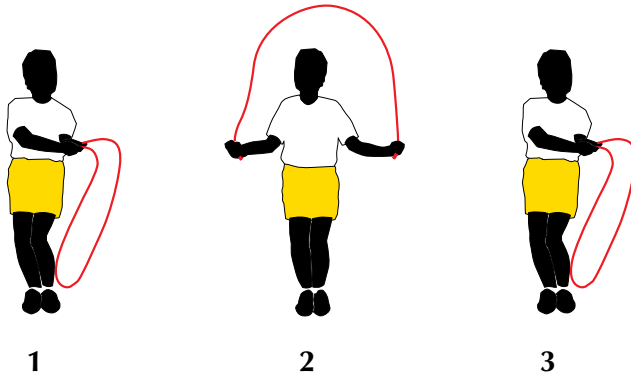
Skill Prerequisite: Basic Jump and Side Swing

Explanation:

1. Swing rope to left side
2. Jump over rope
3. Repeat doing all swings on same side

Tips: Touch hands on side swing

Cue: Swing, jump, swing, jump



Find out more: jumprope.org.au

Side Straddle

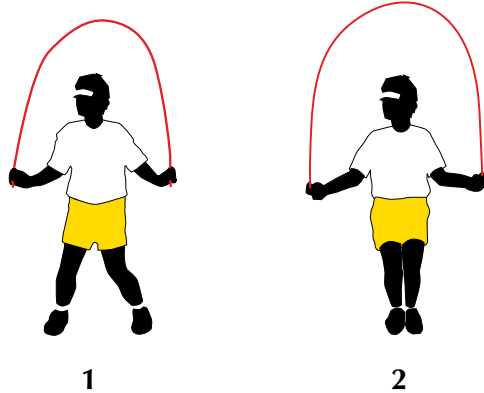
Skill Prerequisite: Basic Jump

Explanation:

1. Jump to straddle position
2. Return to basic jump

Tips: Spread feet no further than shoulder width apart as rope passes under

Cue: Out, in, out in



Find out more: jumprope.org.au

Scissors (Forward Straddle)

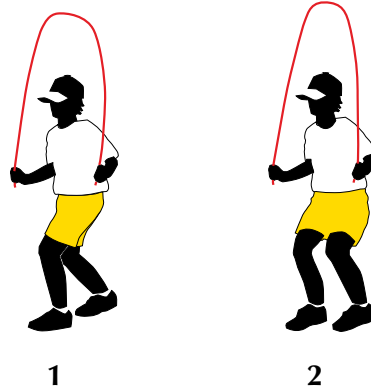
Skill Prerequisites: Basic Jump

Explanation:

1. Jump to stride position with left foot forward
2. Jump and reverse position of feet

Tips: Feet should be 30cms apart

Cue: Left, right, left, right



Find out more: jumprope.org.au

Straddle Cross

Skill Prerequisite: Basic Jump and Side Straddle

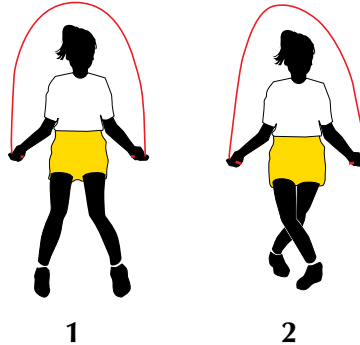
Explanation:

1. Jump to a straddle position
2. Jump to crossed legs

Tips: Feet shoulder width apart

Alternate leg in front with each cross

Cue: Out, cross, out, cross



Find out more: jumprope.org.au

Switches

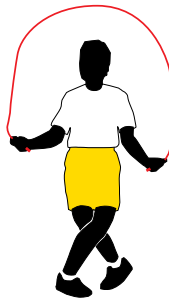
Skill Prerequisites: Straddle Cross

Explanation:

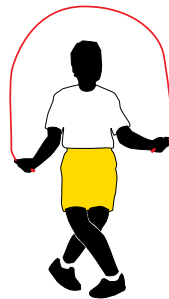
1. Jump to cross with left leg over right
2. Jump and switch right over left

Tips: Reverse foot position on each turn of the rope

Cue: Cross, cross, cross



1



2

Find out more: jumprope.org.au

Jogging Step

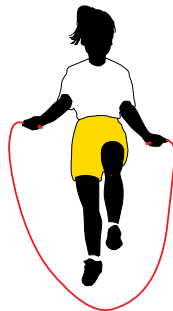
Skill Prerequisite: Basic Jump

Explanation:

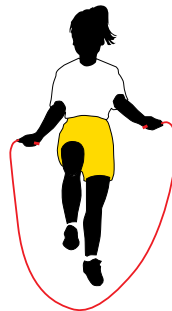
1. Step over rope with left foot
2. Step over rope with right foot
3. Continue alternating feet as if jogging

Tips: Alternate feet with each turn of the rope

Cue: Left, right, left



1



2

Find out more: jumprope.org.au

Heel to Heel

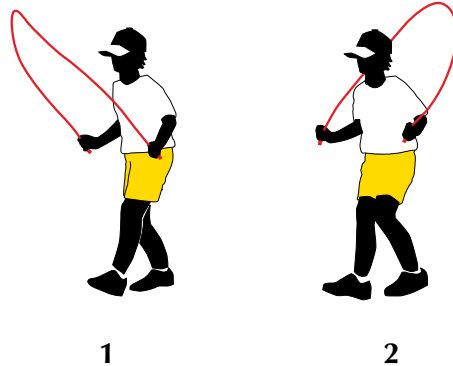
Skill Prerequisites: Basic Jump

Explanation:

1. Jump and touch left heel to floor in front
2. Jump and touch right heel to floor in front

Tips: Heel touches are forward

Cue: Heel, Heel, Heel



Find out more: jumprope.org.au

Toe to Toe

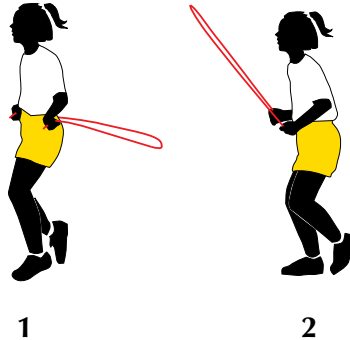
Skill Prerequisite: Basic Jump

Explanation:

1. Hop on left foot, touch right toe to floor near base of left leg
2. Hop on right foot, touch left toe to floor near base of right leg

Tips: Keep body over weighted foot

Cue: Toe, toe, toe



Find out more: jumprope.org.au

Heel-Toe

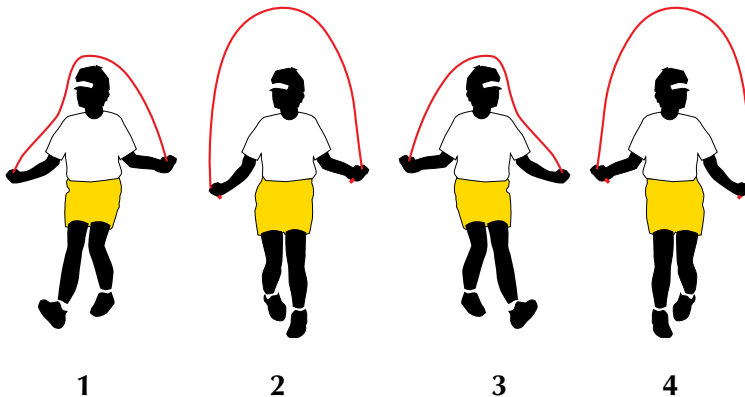
Skill Prerequisite: Basic Jump, Heel to Heel, Toe to Toe

Explanation:

1. Hop on left foot, touch right heel forward
2. Hop on the left foot again, touch right toe backward
3. Repeat on opposite side

Tips: Heel-toe as in a polka

Cue: Heel, toe, heel, toe



Find out more: jumprope.org.au

Two in One Rope Face-to-Face: Basic Jump

Skill Prerequisite: Basic Jump

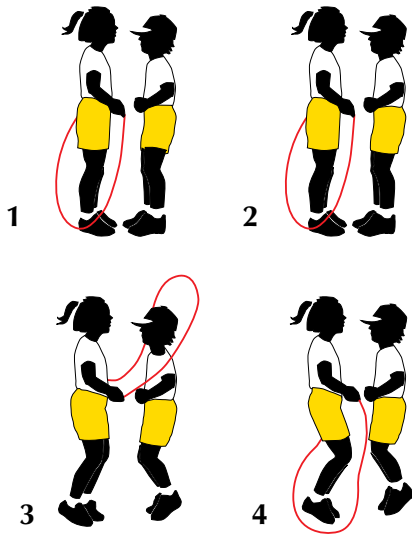
Explanation:

1. Partners face each other
2. One partner controls the rope
3. Both jump basic jump

Tips: Partners should jump in unison

Start with a double bounce rather than a single bounce jump

Cue: One, two, ready, go, jump, jump, jump



Find out more: jumprope.org.au

Two in One Rope Face-to-Face: Free Turns

Skill Prerequisite: Two in One Rope Face-to-Face: Basic Jump

Explanation:

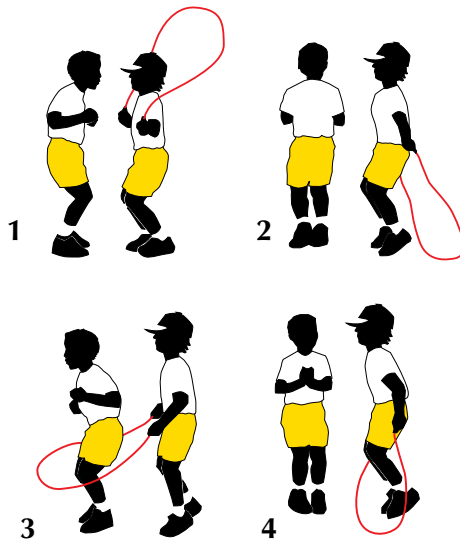
1. Partners face each other
2. One partner controls the rope
3. Both jump basic jump
4. Free partner (without rope) turns 90° with each jump

Tips: Partners should jump in unison

Start with a double bounce rather than a single bounce jump

Use head and shoulders to start free turning motion

Cue: One, two, ready, go, jump, jump, one, two, ready, go, turn, turn, turn, turn



Find out more: jumprope.org.au

Two in One Rope Face-to-Face: Side Straddles

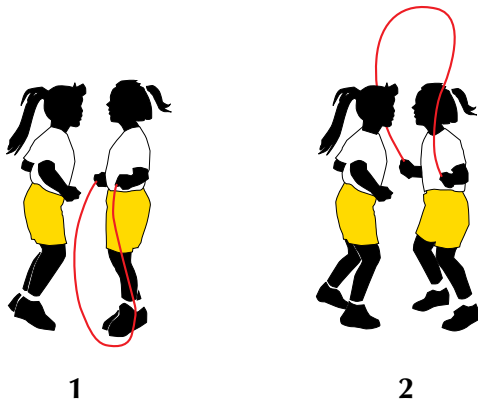
Skill Prerequisite: Two in One Rope Face-to-Face: Basic Jump and Side Straddle

Explanation:

1. Partners face each other
2. One partner controls the rope
3. Start with basic jump to establish rhythm
4. Perform side straddles in unison or alternating

Tips: Skill is performed exactly as with single jumper

Cue: One, two, ready, go, one, two, ready, go, out, in, out, in



Find out more: jumprope.org.au

Two in One Rope Side-by-Side: Basic Jump

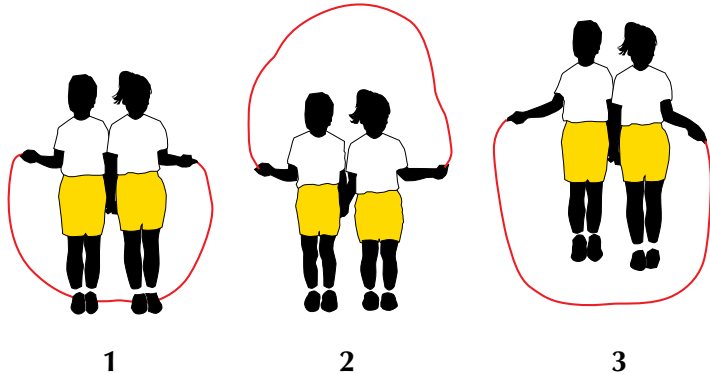
Skill Prerequisite: Basic Jump

Explanation:

1. Partners stand shoulder-to-shoulder facing forward
2. Rope is in right hand of partner on right and left of partner on left
3. Perform basic jump in unison
4. Try to jump and perform side straddles, can can, bell, etc.

Tips: Make sure rope reaches tops of outside shoulders

Cue: One, two, ready, go, jump, jump, jump



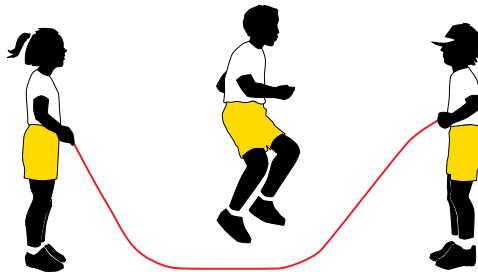
Find out more: jumprope.org.au

Flat Rope

Skill Prerequisites: None

Explanation:

1. Turners hold rope on ground
2. Jumpers jump over the stationary rope



Find out more: jumprope.org.au

Wriggly Snake

Skill Prerequisite: Flat Rope

Explanation:

1. Turners wriggle the rope on the ground
2. Jumpers jump the rope
3. Travel in a figure eight pattern, around the turners and over the rope



Find out more: jumprope.org.au

Jump the Wave

Skill Prerequisite: Flat Rope

Explanation:

1. Turners ripple the rope up and down
2. Jumper jumps the rope
3. Travel in figure eight pattern



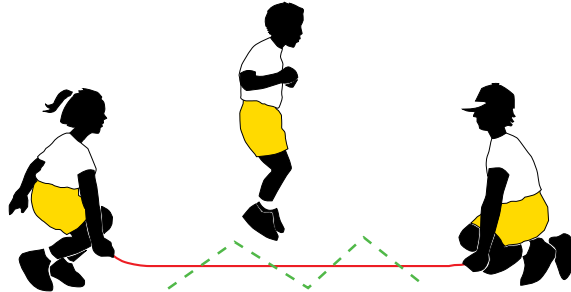
Find out more: jumprope.org.au

Slalom Skier

Skill Prerequisites: Flat Rope

Explanation:

1. Turners hold the rope on the ground
2. Jumper jumps a zig zag path along the rope side to side with feet together



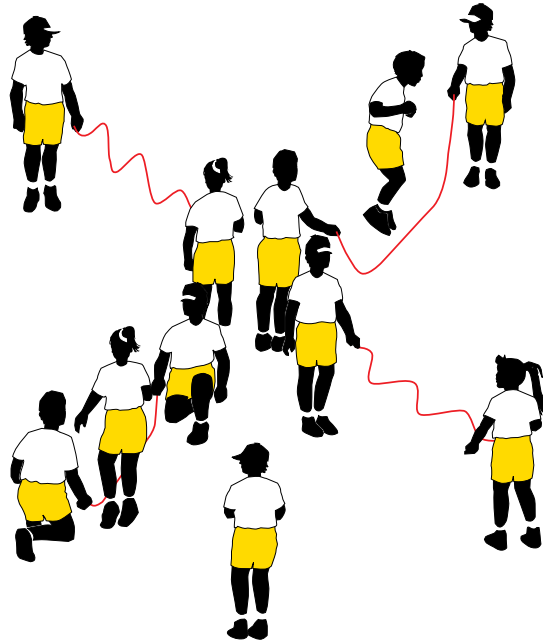
Find out more: jumprope.org.au

Spoke Jumping

Skill Prerequisite: Flat Rope, Wiggly Snake, Jump the Wave and Slalom Skier

Explanation:

1. Turners set up four long ropes with each 'spoke' doing a different skill
2. Jumpers jump from rope to rope in a clockwise direction



Find out more: jumprope.org.au

Spoke

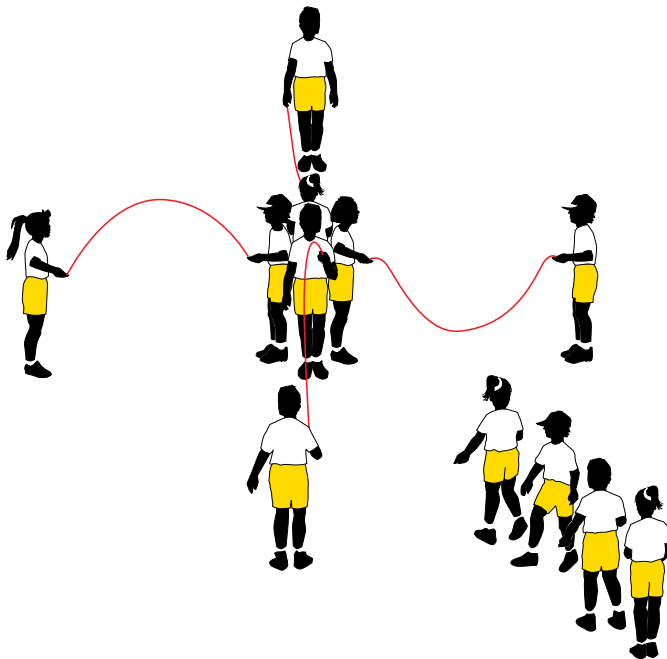
Skill Prerequisite: Single Long Rope Entering (Front Door and Back Door) and Single Long Rope Exiting

Explanation:

1. Four 5.0m ropes are set up to be turned as 'spokes' of a wheel
2. Ropes turn towards the jumpers
3. Jumpers enter and exit each rope, then move to the next
4. Jumpers may perform different foot patterns in each rope

Tips: Practice back door and front door entries

Cue: One, two, ready, in, one, two, ready, out



Find out more: jumprope.org.au

Egg Beater

Skill Prerequisites: Single Long Rope Entering (Front Door and Back Door) and Single Long Rope Exiting

Explanation:

1. Two ropes, four turners
2. Each turner stands in the corner of an imaginary square
3. Two ropes cross in centre of square
4. Start both ropes turning together
5. Jumper will find it easier to enter where both ropes are coming towards them

Tips: Jumpers use a double bounce jump

Mark an "X" on the ground for centre of cross, where jumpers land

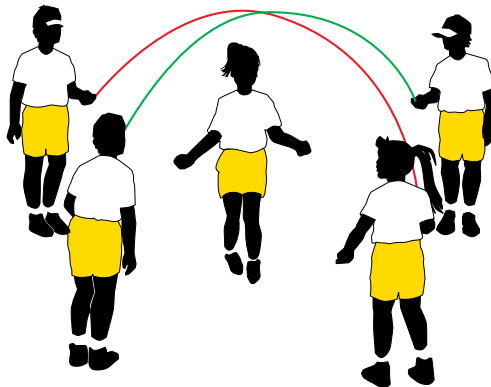
Jumpers should learn to enter and exit from all four positions

Turners of top rope need to turn a higher loop

Turners of the bottom rope need to turn a lower oval shaped turn

Cue: One, two, one, two

Find out more: jumprope.org.au



Double Dutch Turning

Skill Prerequisites: Single Long Rope Turning

Explanation:

1. Partners face each other holding the handles of two long ropes in their hands. One partner moves back until ropes are taut
2. Begin turning in small circles and gradually move in towards each other until the ropes are hitting the ground with an even beat
3. The turner's arms move alternately with an even beat
4. Use your wrists to turn the ropes, holding your elbows loosely at your sides

Find out more: jumprope.org.au

5. Make sure that both your hands are doing the same size circle when they are turning

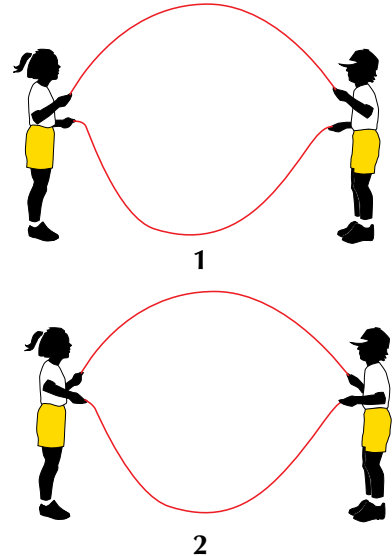
Tips: Use your ears to listen to the sound of the ropes hitting the ground to make certain they are turning evenly

Don't cross your hands over the mid-line of your body otherwise the ropes will connect with each other and you will lose control of them

Keep the ropes moving slowly and steadily with no slack

Keep a little tension in the ropes

Cue: One, two, one, two

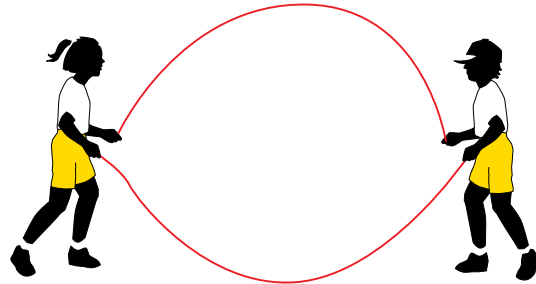


Double Dutch Turning Drill: Side-to-Side

Explanation:

1. While turning the ropes, both turners walk sideways in one turners direction
2. Then walk sideways in the other direction

Cue: One, two, one, two



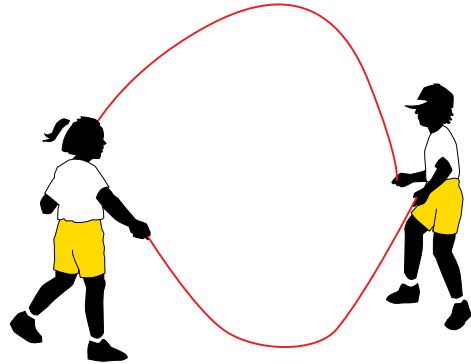
Find out more: jumprope.org.au

Double Dutch Turning Drill: Around the World

Explanation:

1. While turning the ropes, both turners move to the right in a circle to reach partner's starting position
2. Continue in a circle or reverse and move to the left, back to starting position

Cue: One, two, one, two



Find out more: jumprope.org.au

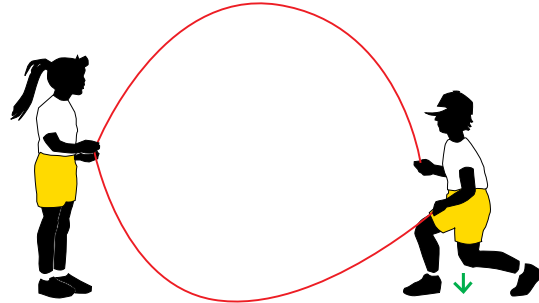
Double Dutch Turning Drill: One Knee

Explanation:

1. While turning the ropes, one turner kneels down on one knee and then stands up again
2. Then the other turner kneels down and stands up again

Tips: For a challenge, both turners kneel and stand at the same time

Cue: One, two, one, two



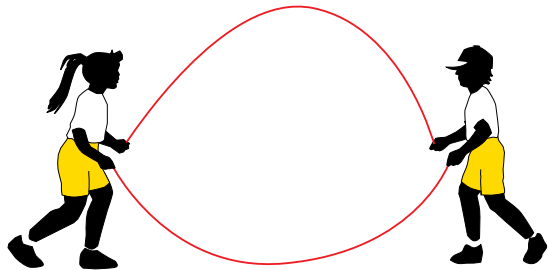
Find out more: jumprope.org.au

Double Dutch Turning Drill: Back-and-Forth

Explanation:

1. While turning the ropes, one turner walks forward
2. At the same time the other turner walks backward
3. Then reverse direction

Cue: One, two, one, two



Find out more: jumprope.org.au

Double Dutch Entering

Skill Prerequisites: Basic Jump [Single Bounce]

Explanation:

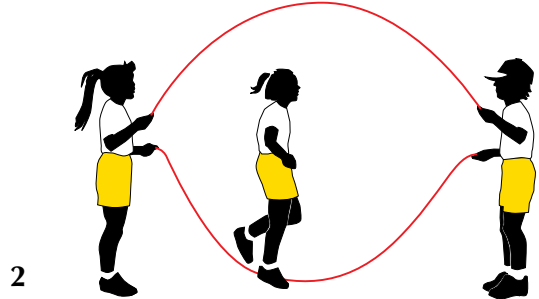
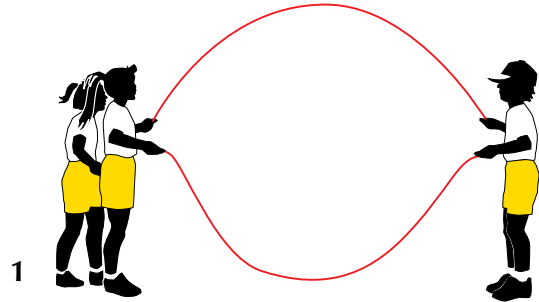
1. Stand close by the side of either turner
2. Concentrate on the 'back' rope (which is the one furthest from the jumper) and establish a rhythm
3. Avoid putting hands up in front
4. Count "one, two, ready, go" in time with the ropes
5. Run into the ropes as the back rope touches the floor and begin jumping immediately using a little two foot basic jump
6. Jump in the centre of the ropes facing a turner

Tips: Don't jump too high

Jumpers should learn to enter from either side and from either end

Cue: One, two, ready, go

Find out more: jumprope.org.au



Double Dutch Exiting

Skill Prerequisite: Double Dutch Entering

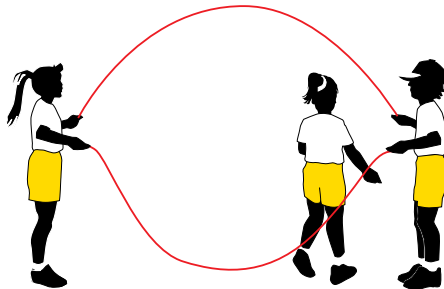
Explanation:

1. The jumper should move towards one turner, then jump out on the side opposite to the rope being jumped
2. Count the rope that is furthest from the direction you will go out. As it hits the ground count, "one, two, ready, out"
3. Jump out, don't run out

Tips: Exit jump should be higher than a normal jump

Exit as close to the turner as possible

Cue: One, two, ready, out



Find out more: jumprope.org.au

Entering/Exiting: In-Out Drill

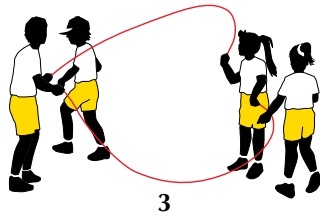
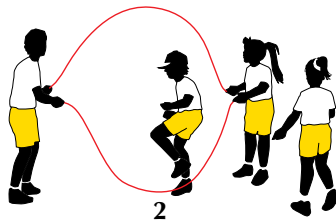
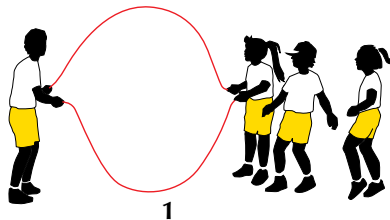
Skill Prerequisite: Double Dutch Entering and Double Dutch Exiting

Explanation:

1. Jumpers line up beside one turner
2. Enter, jump and exit toward the other turner
3. Return to the end of the line

Tips: Second jumper enters as first jumper exits

Cue: One, two, ready, go, jump, out



Find out more: jumprope.org.au

Double Dutch Basic Jump

Skill Prerequisite: Basic Jump (Single Bounce)

Explanation:

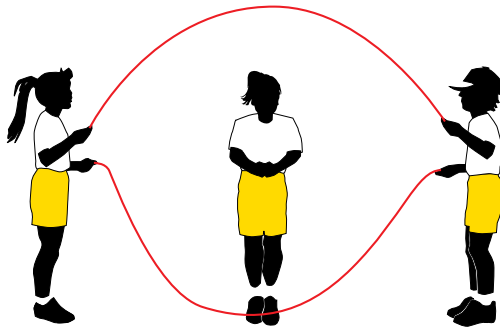
1. Jump on both feet
2. Land on balls of feet

Tips: Don't jump too high

Keep feet, ankles and knees together

Fold hands across stomach

Cue: Jump, jump, jump



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