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

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**Leg Swing**

**Skill Prerequisite:** Basic Jump

**Explanation:**
1. Step over rope on left leg and swing right leg
2. Repeat on opposite side

**Tips:**
- Keep swinging leg straight to side
- Lift as high as possible
- Swing legs like a pendulum from the hips

**Cue:** Right, left, right

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**Backward Double Under**

**Skill Prerequisite:** Backward Jump and Double Under

**Explanation:**
1. Jump backwards
2. Rope passes under feet twice during each jump
3. Whip rope backward to increase speed
4. Perform three backward jumps and one double under then repeat

**Tips:**
- Jump higher than a normal double under
- Don’t straighten or lock your knees when you jump

**Cue:** One, two, three, double

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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

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**Peek-a-Boo**

**Skill Prerequisite:** Basic Jump

**Explanation:**
1. Hop on left foot, touch right toe to right
2. Hop on right foot, touch left toe to left

**Tips:** Keep feet close to floor
Swing legs like a pendulum from the hips

**Cue:** Right, left, right, left

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**Double Side Swing Double Under**

**Skill Prerequisites:** Side Swing and Double Under

**Explanation:**
1. Swing rope to left
2. Swing rope to right
3. Open rope to do a double under

**Tips:** Fast wrist action on double under

**Cue:** Left, right, double under

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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

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

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Can Can

**Skill Prerequisites:**
- Basic Jump

**Explanation:**
1. Hop on right foot, left knee up
2. Hop on right foot, touch left toe to side of right foot
3. Hop on right foot, kick left leg
4. Basic jump
5. Repeat on opposite leg

**Tips:** Knee lift and kicks are waist high

**Cue:** Knee, jump, kick, jump

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Shuffle Step

**Skill Prerequisite:** Heel-Toe

**Explanation:**
1. Jump on both feet
2. Hop on left foot and touch right heel to the front
3. Hop on left foot again, touch right toe across in front of left foot
4. Hop on left foot and touch right heel to the front
5. Jump on both feet
6. Repeat with opposite foot

**Tips:** Keep body over weighted foot

**Cue:** Jump, heel, toe across, heel, jump

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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 15-20cm 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
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

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 the 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
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

Find out more: jumprope.org.au
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

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**Awesome Annie**

**Skill Prerequisite:** Up and Under Cross and Side Swing

**Explanation:**
1. Begin with an up and under cross
2. The hand that went under your leg becomes the hand that stays between your legs and switches the rope back and forth behind you
3. Your other hand has to perform a variation of the side swing, swinging the rope to either side of you, crossing over your body to change sides

**Tips:**
- You don’t actually jump the rope except when you are getting into it and out of it
- You will find it useful to keep jogging while you do the trick, as this gets your feet out of the way so the rope doesn’t catch on them
- It should be performed in a ‘hunched’ position

**Cue:** Jump, cross, switch, switch

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*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

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

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

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**Combination Forward and Backward 180˚ Turns**

**Skill Prerequisite:** Forward 180˚ Turn and Backward 180˚ Turn

**Explanation:**
1. Execute a forward 180˚ turn and a backward 180˚ turn in continuous sequence
2. Repeat two or more times

**Tips:** Turn body to follow rope

**Cue:** Jump, swing and turn, jump backwards, turn, jump forwards

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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
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 hand 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

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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, Wriggly 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

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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
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

Find out more: jumprope.org.au
Double Dutch Turning Drill: Side-to-Side

Explanation:
1. While turning the ropes, both turners walk sideways in one turner's 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

*Find out more: jumprope.org.au*