

# JUMP ROPE

It is a game where one or more participants jump over a rope. There are also people who jump two ropes turning at the same time: this is called “Double Dutch”, and it is much more difficult.

## In our classes we jump in three different ways:

- Individually: One person swings his/her rope and jumps over it.
- In pairs: One person swings the rope and jumps over it, and a partner enters the rope and jumps with him/her.
- In a long rope: Two people turn a long rope and the rest of the class enters the large rope individually or in groups.

### BASIC TECHNIQUES:

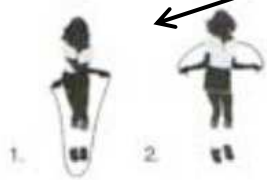


- Basic jump with a bounce: you do a small jump after jumping, while you turn the rope.

- Alternate foot jump (speed step): jump first on one foot, and when you turn the rope again, jump on the other foot.

- Cross overs: while jumping, you cross your arms in front of you, and jump with the rope crossed.

- Double under: you need to jump up a bit higher than usual while turning the rope twice under your feet.

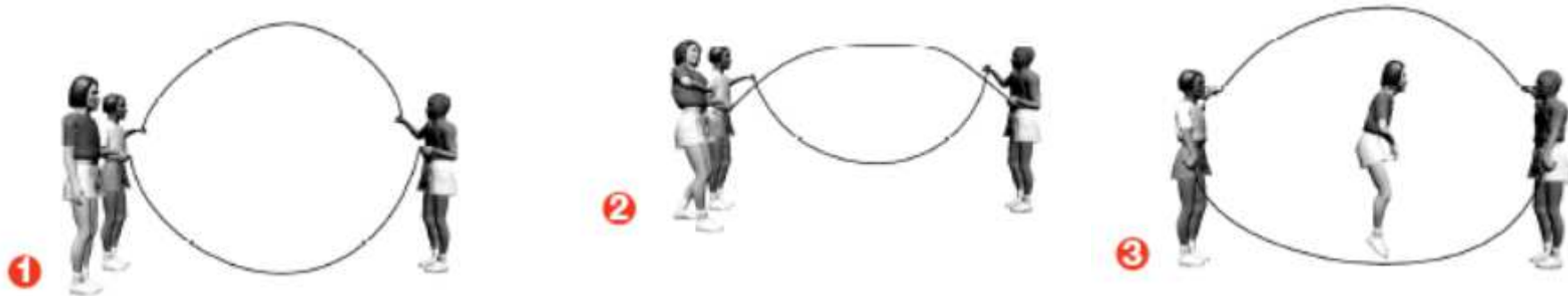


## LONG ROPE:

- Easy side: enter the rope when it hits the floor and starts going away from you. You must jump in the center of the rope and exit diagonally at the other end.
- Hard side: enter when the rope passes your nose and exit the same way you entered.

## DOUBLE ROPE:

Make sure that the rope closest to you is up, enter and jump.



You exit the opposite side of the last rope jumped.