
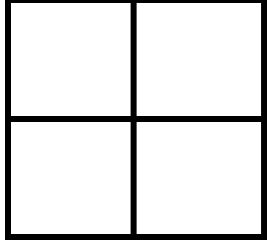

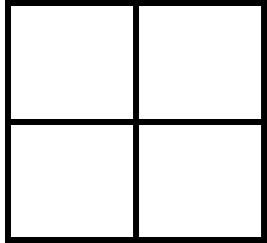

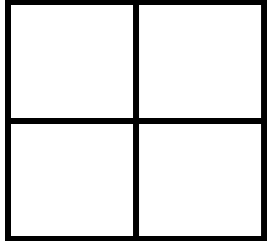




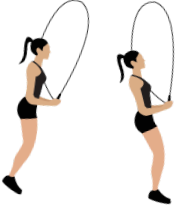
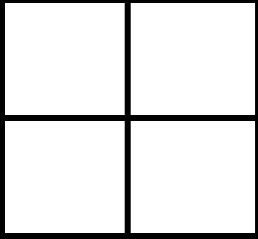
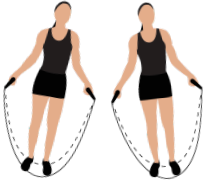
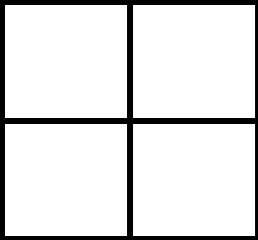

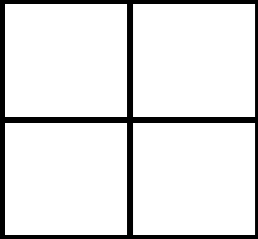
Single Rope Skills Passport

Give it a tick, when you master the trick!


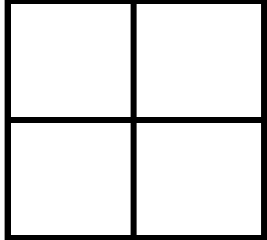
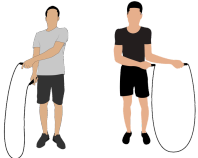
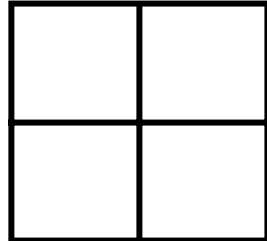
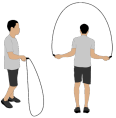
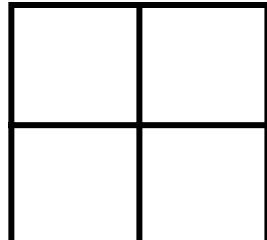
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>Single Bounce</p>	<ul style="list-style-type: none"> • 1 jump per rotation of the rope • No rebound jump 	<ul style="list-style-type: none"> • Keep feet close together • Jump off the balls of your feet, and slightly bending knees when you land to absorb impact • After you jump the rope, turn your handles upward so it drives the rope straight back over 	<ul style="list-style-type: none"> • Feet are too wide apart • Arms turning too big • Jumping before the rope gets to the front of your feet 	
 <p>Double Bounce</p>	<ul style="list-style-type: none"> • 2 Jumps per rotation of the rope 	<ul style="list-style-type: none"> • Draw bigger circles with hands/arms to help turn the rope slowly around your body • Use a count to stay in time (1,2,1,2) 	<ul style="list-style-type: none"> • Not jumping high enough off the ground • Feet are too wide apart • Hands not turning in time with every second jump 	
 <p>Backward Single Bounce</p>	<ul style="list-style-type: none"> • 1 jump per rotation of the rope • No rebound jump • Hands turning in a backwards direction 	<ul style="list-style-type: none"> • Turning nice and small from the wrists • Feet together • Keep arms relaxed by your side 	<ul style="list-style-type: none"> • Arms lift up too high • Circles from arms are too large • Jumping too early 	


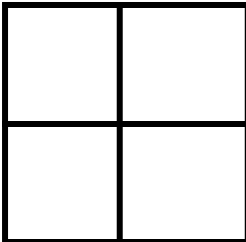

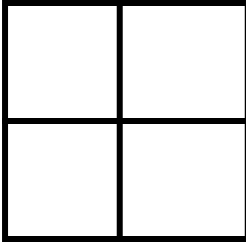

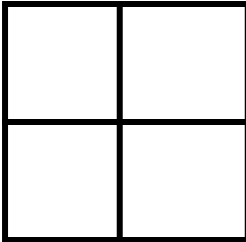
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>The Bell</p>	<ul style="list-style-type: none"> • Every rotation of the rope, the skipper will Jump forwards and backwards 	<ul style="list-style-type: none"> • Keep feet close together • Jump off the balls of your feet, and slightly bending knees when you land to absorb impact • Lay your rope in a line on the floor and jump forward and back over the rope 	<ul style="list-style-type: none"> • Feet are too wide apart • Arms turning too big • Jumping before the rope gets to the front of your feet 	
 <p>The Skier</p>	<ul style="list-style-type: none"> • Every rotation of the rope, the skipper will Jump from side to side 	<ul style="list-style-type: none"> • Keep hands even by Your side • Lay your rope in a line on the floor and jump side to side over the rope 	<ul style="list-style-type: none"> • Jumping too far from side to side • Twisting the body 	
 <p>Out together</p>	<ul style="list-style-type: none"> • As you jump the rope, your feet move out to shoulder-width distance • As the rope passes through again, your feet return together to a single bounce No rebound jump 	<ul style="list-style-type: none"> • Spread feet to shoulder-width position • Lay your rope on the floor in a straight line and practice jumping with your feet out on either side of the rope, and then returning your feet together by landing on the rope 	<ul style="list-style-type: none"> • Jumping with feet too wide apart 	

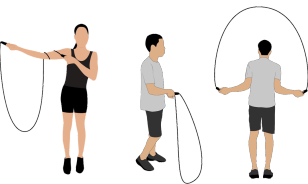
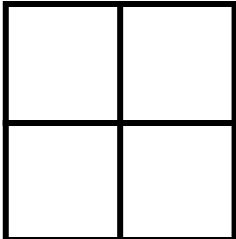
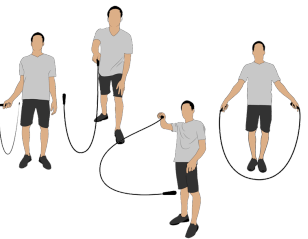
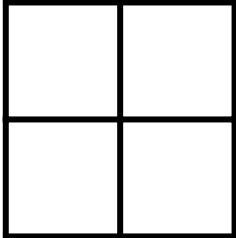
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>Push Up</p>	<ul style="list-style-type: none"> While holding the handles, the skipper turns the rope over and goes into a squat position then shoot both feet out into a push-up position Bring both feet back into a squat and continue skipping 	<ul style="list-style-type: none"> When you have completed the skill and are returning to the single bounce, make sure you gently bring hands by your side so that the rope travels smoothly under feet Relate this skill to a 'burpee with a rope' 	<ul style="list-style-type: none"> Staying in push-up position for too long Dragging the rope under too fast from the last squat into the basic jump 	
 <p>Side swing</p>	<ul style="list-style-type: none"> Swing the rope from side to side 	<ul style="list-style-type: none"> When turning from side to side, make sure the rope is rotating in a forwards direction Keep hands/ handles slightly separated Keep shoulders straight and maintain minimal movement in arms 	<ul style="list-style-type: none"> Over-turning the arms Twisting body from side to side 	
 <p>Half Turn / 180 turn</p>	<ul style="list-style-type: none"> Side swing to either side of your body and follow that direction as you turn your body to face the opposite way that you started As your body turns, carry the rope through over your head into a backwards jump 	<ul style="list-style-type: none"> Make sure that your body turns exactly half-way Maintain the flow of the rope from the side swing to the backwards jump 	<ul style="list-style-type: none"> Arms lift up too high on the side swing to backwards jump Turning your body more than 180 degrees Finishing with feet apart 	


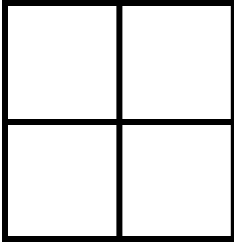

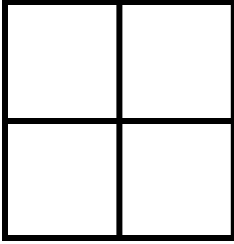
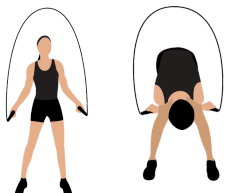
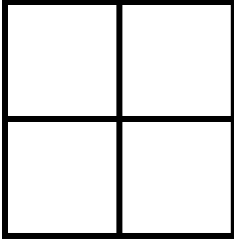
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>FULL TURN/ 360 TURN</p>	<ul style="list-style-type: none"> Side-swing the rope to the side of your body and follow it around in a complete circle Finish with a basic jump 	<ul style="list-style-type: none"> Bring arms up when you turn, and bring them down by your side as you jump Turn quick, so that you have reached a full 360 degree turn before the rope comes back down 	<ul style="list-style-type: none"> Not bringing arms up on the turn Turning more than 360 degrees Turning less than 360 degrees 	
 <p>Basic Arm Wrap</p>	<ul style="list-style-type: none"> One arm crosses in front of the body, with the other arm pointing out to the side With the outside arm, draw multiple circles in a forward direction to make the rope wrap around the arm Once the rope has wrapped several times, the outside arm turns backward circles and finally both arms open into a backward basic jump 	<ul style="list-style-type: none"> Once the rope has been turned in front of the body, only turn the arm that is pointing outward Follow the ropes flow from the first turn of the rope into the arm wrap Count how many time you wrap the rope around your arm, so you can count how many times you need to unwrap the rope before you jump 	<ul style="list-style-type: none"> Over-turning with the outward arm Under-turning with the outward arm Not crossing one of the arms in front of the body 	
 <p>Cross-over</p>	<ul style="list-style-type: none"> As the rope goes over the head, cross both arms in front of body Make sure the cross is in line with the lower part of the stomach with the handles pointing outward Stay in this position for one jump and then uncross when the rope has passed the head again 	<ul style="list-style-type: none"> Keep feet together Practice bringing rope over and as your arms cross, try and catch the rope under your feet Ensure that the tip of the handles are passing the outside of your shoulders while in the cross position 	<ul style="list-style-type: none"> Crossing too far away from body Handles are higher than waist height Uncrossing too quickly without jumping 	


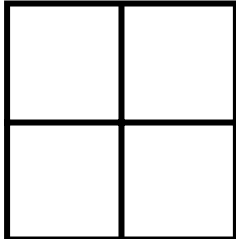
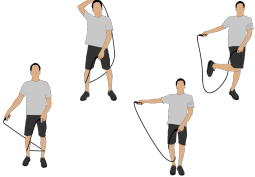
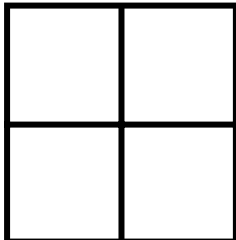

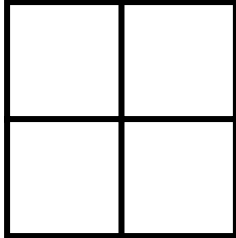
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>ARM WRAP TO HALF TURN</p>	<ul style="list-style-type: none"> • One arm crosses in front of the body while the other arm points outward and turns rope to wrap around arm • The outer arm crosses to the other side of the body to unwrap • Turn 180 degrees by the time the rope has been unwrapped and jump the rope backwards to complete the skill 	<ul style="list-style-type: none"> • Wrap the rope around arm 1-2 times • Start the half-turn as soon as you bring your arm across to unwrap the rope • If the rope is wrapped around the right arm, do your half turn to the left • If the rope is wrapped around the left arm, do your half turn to the right 	<ul style="list-style-type: none"> • Doing the half turn before you have started unwrapping the rope • Turning the wrong way for the half-turn • Wrapping arm is turning too big 	
 <p>WALK THE DOG</p>	<ul style="list-style-type: none"> • Starting with a single bounce one handle is released behind the skipper • The rope is dragged along the ground by the hand that is holding the remaining handle • When the rope reaches its full extension, use your wrist to flick the handle back up towards you and catch into a basic jump 	<ul style="list-style-type: none"> • Imagine you are going ten pin bowling when you drag the rope along the ground • Gently flick your wrist up towards your head to catch the handle • Keep your eyes on the handle as you pull it up towards you 	<ul style="list-style-type: none"> • Dragging the rope along the floor too fast • Yanking the handle up towards you too harshly 	


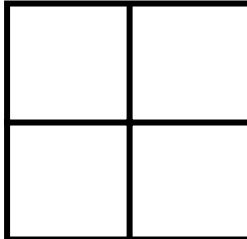

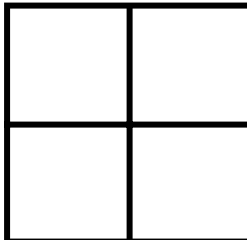
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>TEXAS TURN</p>	<ul style="list-style-type: none"> • A 360 degree turn where the rope swings in front and behind the body. • The skill starts with a side swing into a half turn. Instead of jumping the rope backwards, as the rope grazes the ground, turn straight back to the front as you swing the rope back over in front of you 	<ul style="list-style-type: none"> • Turn backward 180 degrees as you side swing, and turn forward 180 degrees before the rope touches the back of your legs • Walk through the skill slowly first 	<ul style="list-style-type: none"> • Not making a full 360 degree turn • Letting the rope touch any part of your legs 	
 <p>E.B</p>	<ul style="list-style-type: none"> • With one arm behind back and the other arm across the front of your body, turn the rope in a forwards direction and jump through the cross. • To exit the skill, bring the rope over your head a second time and then open up both arms by your side. 	<ul style="list-style-type: none"> • Use front arm to guide the rope over back in front, while the back hand turns a small circle in the wrist • Keep shoulders straight • Crossing arms (behind and in front) at the exact same time 	<ul style="list-style-type: none"> • Over-reaching arms and turning shoulders • Not turning from the back wrist • Not reaching the back arm around far enough 	
 <p>CABOOSE CROSS (SPIDER CROSS)</p>	<ul style="list-style-type: none"> • With the rope in front and feet shoulder-width apart, slide rope between legs and cross arms behind knees • Rotate wrist to flick rope back over in front of body and jump over rope with two feet • Complete skill by swinging the rope over head into a backwards jump 	<ul style="list-style-type: none"> • Start with tip of handles on the floor • Slide the rope along floor quickly so the rope has enough momentum to follow through • Back of your hands touch the back of your knees in the cross • When arms cross, ensure handles point to the side 	<ul style="list-style-type: none"> • Crossing arms too high above the knee • Pointing handles Upward • Turning rope too slow • Feet start too close together 	

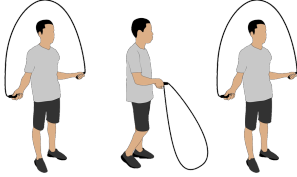
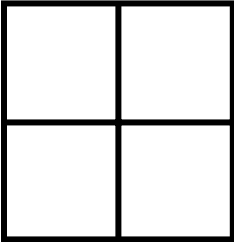

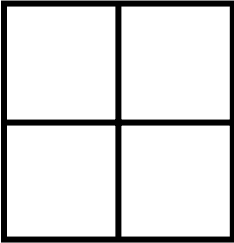
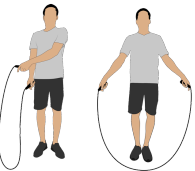
SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>KRUGER</p>	<ul style="list-style-type: none"> The rope makes a full rotation of the body while one arm is underneath the skippers leg The arm goes underneath the skippers knee from the inside so that the restricted hand is pointing outwards 	<ul style="list-style-type: none"> Stand In the Kruger for 15 seconds to get familiar with the position Same arm, same leg. Right arm goes under the right knee. Left arm goes under left knee To exit skill, both hands need to side swing to the opposite side of which the Kruger was performed on Keep shoulders up straight 	<ul style="list-style-type: none"> Shoulders hunched forward Arm is entering from the outside of the leg, to the inside Jumping on two feet 	
 <p>BASIC LEG WRAP</p>	<ul style="list-style-type: none"> One foot reaches behind the other foot and in front of the rope. Skipper catches the rope and pulls back around The skipper then brings arm around the back of their head as they turn 360 degrees and steps through the rope to unwrap around the leg 	<ul style="list-style-type: none"> Start off going slow Break the skill up into 5 or more steps If you use left foot, turn right to unwrap. If you use right foot, turn left to unwrap 	<ul style="list-style-type: none"> Going too fast Turning in the wrong direction 	
 <p>T.S</p>	<ul style="list-style-type: none"> As you Jump the rope, immediately cross both arms behind lower back Turn circles from wrists to help carry the rope back over in front of body Uncross arms once you have jumped through the loop 	<ul style="list-style-type: none"> Cross arms behind lower back at the exact same time Stand in the T.S position holding handles to get familiar with arm position Handles must point to the side 	<ul style="list-style-type: none"> Arms crossing in front of the body Handles not pointing to the side Handles crossing to high around the back Feet too wide apart 	

SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>BACKWARD CROSS-OVER</p>	<ul style="list-style-type: none"> • Both arms cross in front of the skippers body after they have jumped the rope backwards. • The skipper must remain in the cross position until their wrists have made a full backwards rotation and they jump through the cross 	<ul style="list-style-type: none"> • Keep handles low around waist • Turn from the wrist and not the arms • Turn the rope quickly in the jump before the backwards cross so that the rope has enough momentum to carry through • Shoulders up straight 	<ul style="list-style-type: none"> • Uncrossing arms too early • Lifting arms you too high in the cross • Not crossing big enough 	
 <p>DOUBLE UNDER</p>	<ul style="list-style-type: none"> • The rope passes underneath the feet twice in one jump 	<ul style="list-style-type: none"> • Turn small circles from the wrist • Wait for the rope to be right in front of feet before jumping • Jump double the height of normal single bounce • Follow through quickly on second rotation 	<ul style="list-style-type: none"> • Not jumping high enough off the ground • Turning big circles • Jumping too early 	

SINGLE ROPE SKILLS PASSPORT

SKILL	DESCRIPTION	TIPS	COMMON ERRORS	4 TICKS
 <p>STALLING THE ROPE (FORWARD/BACKWARD)</p>	<ul style="list-style-type: none"> • Jump the rope and then as it turns around the body for the second time, let the rope hit the front of legs • Stall the rope and turn wrists in the other direction and perform a backward jump • Jump the rope backwards and then on the second turn, let the rope hit the back of legs • Stall rope and then wrists in forward direction and jump the rope in a forward basic jump 	<ul style="list-style-type: none"> • Point the handles down when the rope is stalling • Turn the rope slower before stalling • Be gentle when changing the direction of the rope 	<ul style="list-style-type: none"> • Changing the direction of the rope too quickly 	
 <p>CARTWHEEL</p>	<ul style="list-style-type: none"> • With the rope starting behind the skipper, turn the rope around the body and as the rope hits the ground in front, place hands on ground to begin cartwheel with rope • Kick legs over one at a time • Complete the cartwheel with either a backward or forward basic jump 	<ul style="list-style-type: none"> • Ensure the rope is in front of body before putting hands down • If right arm is the first arm to be placed on ground, kick the left leg over first • If left arm is the first arm to be placed on the ground, kick the right leg over first 	<ul style="list-style-type: none"> • Performing cartwheel when rope is behind body • Not fan kicking the legs around high enough 	
 <p>DOUBLE UNDER SIDE SWING OPEN</p>	<ul style="list-style-type: none"> • Two rotations of the rope, in one jump • As you turn the rope over your head, bring both hands to same side of body with arm that reaches across places on top • As the rope grazes the ground, jump off two feet • As side swing is on the way down, open arms and clear rope under feet before landing • 	<ul style="list-style-type: none"> • Jump higher than usual • Small/quick wrists • Jump as soon as the side swing touches the ground 	<ul style="list-style-type: none"> • Jumping after the side swing has hit the ground • The arm that reaches across for the side swing is not placed on top of the other arm • Hands are turning too slow 	