

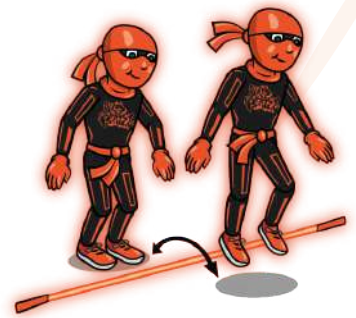


# FIRST DAN

## 1. Double Bounce and Jump

Objective: Learn how to bounce and jump over a static rope.

Tip: With a rope laid flat on the floor, perform a double bounce with a jump over the rope and repeat.



## 2. Turn and Step

Objective: Turn the rope taking it over the head with a step-over to finish.

Tip: With arms by your side, turn the rope over your head and become familiar to the timing of the swing. Step over the rope as it reaches the floor.

If children find this difficult, they can use a hoop as this is easier to control and for the child to predict when to jump.



## 3. Turn and Skip

Objective: Turn the rope taking it over the head with a jump to finish.

Tip: With arms by your side, turn the rope over your head and become familiar to the timing of the swing. Jump over the rope as it reaches the floor.



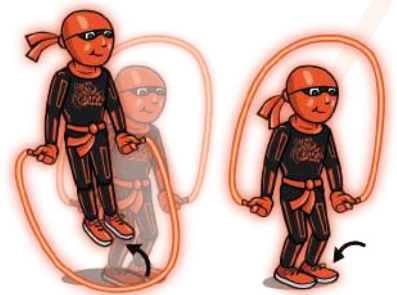


# SECOND DAN

## 1. Forward Double Bounce

Objective: Take off and land with two feet together with a double bounce.

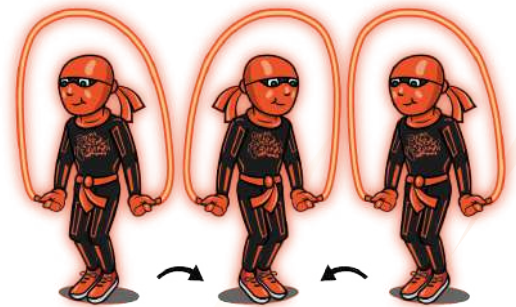
Tip: Keep knees soft, jump low.



## 2. Twister

Objective: Take off and land moving side to side.

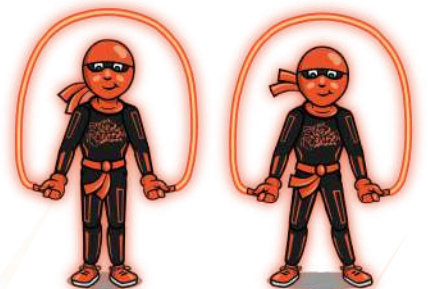
Tip: Keep your feet together at all times.



## 3. Feet Together Feet Apart

Objective: Take off and land whilst moving your feet apart and together.

Tip: In a jumping jacks style jump with feet shoulder width apart.





# THIRD DAN

## 1. Backward Double Bounce

Objective: Take off and land with two feet together with a double bounce backwards.

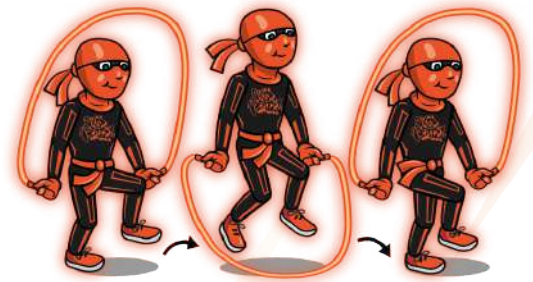
Tip: Jump low and short backwards.



## 2. Running Skip

Objective: Take off and land moving forwards with an alternate knee lift.

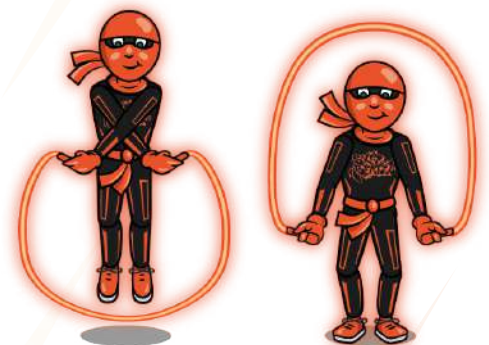
Tip: Jump from a single foot moving forwards before lifting the knee.



## 3. Cross Over

Objective: Take off and jump through the hoop with your arms crossed.

Tip: Hold the handles at the end and cross your arms at the elbows for a wider reach.



4. Perform 1, 2 and 3 one after the other without stopping.