

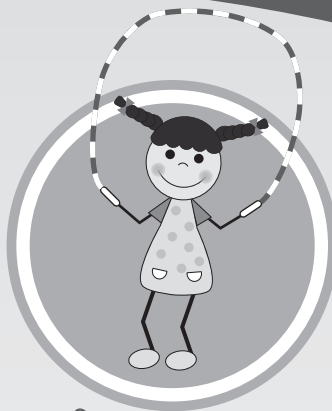
BASIC TRICKS

NED

B
A
S
I
C
J
U
M
P



Place feet slightly apart



Swing jump rope

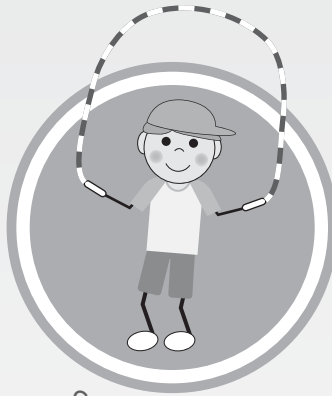


Jump with both feet at the same time over rope

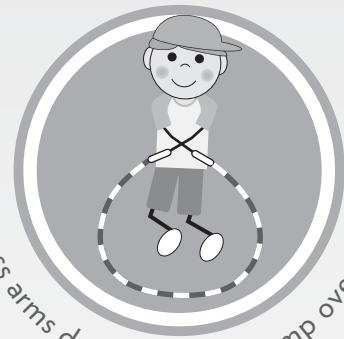
C
R
I
S
S
C
R
O
S
S



Place feet slightly apart



Swing jump rope



Cross arms downwards and jump over rope

D
O
U
B
L
E
U
N
D
E
R



Jump higher than usual & quickly swing rope under



Swing rope around one more time



Continue to swing rope under a second time

NED

Once you've mastered these skills, learn other tricks at www.aahperd.org/jump/aboutjump/skills/

NED