

MANUAL

What is the JJRU Official Jump Rope Test?

Jump rope is a form of play loved by children around the world, as well as a sport for which competitions are held in many countries. There are many categories of events in jump rope, but this test requires one to learn mainly the most basic jump rope skills, thus acquiring basic jump rope technical capability. Furthermore, this jump rope test has the goal of allowing one to develop a new sense of how to combine various skills and jump to the beat of music.

Target age

9 years and above

BASIC JUMP ROPE TEST goal and attainable abilities

Try jump rope development technique skills! Once you can pass the ADVANCED level, you too will be a jump rope athlete!!

- Motor nerves** Develop the ability to move your body according to your mental image by trying various skills, experiencing various ways to move, and practicing continuously alternating skills.
- Jump capability** Enhance your ability to jump by trying triple under skills.
- Ability to think** Develop your ability to think by determining which skills to do on your own, such as with count jumping.



Usage method & instruction points

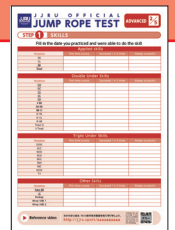
- ★ It is composed of the following 3 steps: Step 1 (SKILLS): Learning new skills, Step 2 (COUNT JUMPING): Jumping combinations of skills, and Step 3 (FREESTYLE): Jumping to the beat of music.
- ★ If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.
- ★ When jumping to the music, you may use the music in the example video or a song of your choice.

STEP 1

SKILLS

Learn new skills. When you are able to do a skill for the first time, write the date in the "First time success" space. When you get even more advanced, write the date in the "Successful 1 out of 3 times" and "Always successful" spaces. You do not need to try the skills in order starting at the top, so start with skills you can do.

- ★ Learn how to write the notation of skills used commonly worldwide! (Ex.: Cross over = Cross = C).

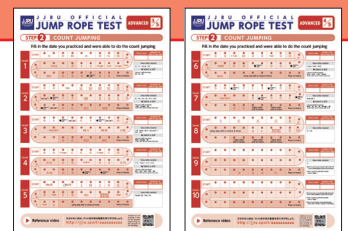


STEP 2

COUNT JUMPING

Learn to jump combinations of the skills you learned in Step 1. First, try jumping the skills notated in the 1st row in order from left to right, and then the skills in the 2nd row in order from right to left. In the places where you are to select a skill, please do so. Once you are able to do this, try jumping the skill combination to actual beat of the music. It is OK to try Step 2 without successfully completing all of the Step 1 skills. For COUNT JUMPING, try jumping while counting from 1 - 8 for 2 measures with 4 beats per measure. The purpose of the ADVANCED level is to be able to jump combinations of various skills in 4 measures of 1 - 8 (4x8, 32 beats).

- ★ Start with your favorite skills, skills you are good at, and preferred count jumping!
- ★ It is difficult to remember the entire 4x8 (4x8, 32 beats) right off, so try learning it by separating it into 1x8 or 2x8!
- ★ Once you are able to jump combinations of skills try jumping to the beat of music!



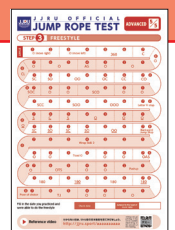
STEP 3

FREESTYLE

In Step 3, use 12 measures of 1 - 8 (8x12, 96 beats) to attempt freestyle (compulsory routine).

Jump the skills notated in the 1st line from left to right, and when you finish jumping, jump the skills notated in the 2nd line from right to left. Continue in the same way until the 12th line, jumping to the beat of music.

- ★ It is difficult to try jumping to the beat of music right off, so first try practicing with no music!




Reference video & music

If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.
<http://jjru.sport/jumpropetest/en/>

※ When ink jet printing, it may not be readable depending on the amount of ink remaining.



STEP
1
SKILLS

Fill in the date you practiced and were able to do the skill!

Applied skills

| Notation | First time success | Successful 1 in 3 times | Always successful |
|-----------|--------------------|-------------------------|-------------------|
| AS | | | |
| CL | | | |
| <u>EB</u> | | | |
| Toad | | | |

Double Under Skills

| Notation | First time success | Successful 1 in 3 times | Always successful |
|-----------|--------------------|-------------------------|-------------------|
| <u>CO</u> | | | |
| <u>OC</u> | | | |
| <u>CC</u> | | | |
| <u>SC</u> | | | |
| <u>SO</u> | | | |
| S EB | | | |
| EB EB | | | |
| EB O | | | |
| O TS | | | |
| O CL | | | |
| O AS | | | |
| Toad O | | | |
| S Toad | | | |

Triple Under Skills

| Notation | First time success | Successful 1 in 3 times | Always successful |
|----------|--------------------|-------------------------|-------------------|
| OOO | | | |
| SCC | | | |
| SOO | | | |
| SCO | | | |
| SOC | | | |
| SSO | | | |
| SSC | | | |
| OCO | | | |
| TJ | | | |

Other Skills

| Notation | First time success | Successful 1 in 3 times | Always successful |
|----------------|--------------------|-------------------------|-------------------|
| <u>Fake EB</u> | | | |
| <u>/C</u> | | | |
| Pushup | | | |
| Wrap Skill 1 | | | |
| Wrap Skill 2 | | | |



Reference video

If there are any skills you do not know,
learn them by watching the reference videos on the JJRU Official website.
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STEP

2

COUNT JUMPING

Fill in the date you practiced and were able to do the count jumping!

Level
1

| | | | | | | | | | | | |
|-------|--------|-------------|--------|---------|--------|--------|-----------------------|-----------|--------------|---------------------|--------|
| START | 1 O | 2 O | 3 O | 4 AS | 5 O | 6 O | 7 O | 8 CL | 1 O | 2 O | |
| | 4 O | 3 Pushup | 2 O | 1 O | 8 S | 7 S | 6 Crougar | 5 Toad | 4 Crougar | 3 Toad | |
| | 6 O | 7 SSO | 8 O | 1 O | 2 O | 3 O | 4 ★ Select a skill | 5 O | 6 O | 7 Pose of choice | 8 O |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

AS / CL / Pushup / SSO

★ Select a skill

Choose 1 skill from these
AS / CL / TS

Level
2

| | | | | | | | | | | | |
|-------|--------|-----------------------|-----------------------|---------|---------|----------|----------|---------------------|---------------------|---------------------|---------------------|
| START | 1 O | 2 O | 3 180 | 4 SC | 5 SO | 6 OC | 7 CC | 8 O | 1 O | 2 O | |
| | 5 S | 4 SorCorO | 3 ★ Select a skill | 2 S | 1 S | 8 180 | 7 O | 6 O | 5 O | 4 C | 3 O |
| | 6 S | 7 ★ Select a skill | 8 SorCorO | 1 O | 2 O | 3 SCC | 4 SOO | 5 Pose of choice | 6 Pose of choice | 7 Pose of choice | 8 Pose of choice |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

SC / SO / OC / CC / SCC / SOO

★ Select a skill

Choose 2 skills from these
Toad / Crougar / EB
※Each skill can be chosen only once.

Level
3

| | | | | | | | | | | | |
|-------|-------------------|-------------------|-----------------------|-------------------|-------------------|-----------|-----------------------|---------------------|---------------------|---------------------|---------------------|
| START | 1 O | 2 S | 3 ★ Select a skill | 4 SorCorO | 5 O | 6 S | 7 ★ Select a skill | 8 SorCorO | 1 O | 2 O | |
| | 5 Wrap Skill 1 | 4 Wrap Skill 1 | 3 Wrap Skill 1 | 2 Wrap Skill 1 | 1 Wrap Skill 1 | 8 EB O | 7 EB EB | 6 EB EB | 5 S EB | 4 S EB | |
| | 6 Wrap Skill 1 | 7 Wrap Skill 1 | 8 Wrap Skill 1 | 1 O | 2 O | 3 SCO | 4 SOC | 5 Pose of choice | 6 Pose of choice | 7 Pose of choice | 8 Pose of choice |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

S EB / EB EB / EB O / Wrap Skill 1 / SCO / SOC

★ Select a skill

Choose 2 skills from these
Toad / Crougar / EB
※Each skill can be chosen only once.

Level
4

| | | | | | | | | | | | |
|-------|-----------|-----------|--------------|--------|--------|-----------------------|-----------------------|-----------------------|---------------------|---------------------|---------------------|
| START | 1 O | 2 O | 3 Crougar | 4 C | 5 O | 6 O | 7 Crougar | 8 C | 1 O | 2 O | |
| | 5 O CL | 4 O CL | 3 O | 2 O | 1 O | 8 Toad O | 7 O | 6 O | 5 O | 4 O TS | 3 O TS |
| | 6 O | 7 O AS | 8 O AS | 1 O | 2 O | 3 ★ Select a skill | 4 ★ Select a skill | 5 ★ Select a skill | 6 Pose of choice | 7 Pose of choice | 8 Pose of choice |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

O TS / Toad O / O CL / O AS

★ Select a skill

Choose 2 skills from these
SCC / SOO / SCO / SOC / SSO
※Each skill can be chosen only once.

Level
5

| | | | | | | | | | | | |
|-------|--------------|--------------|--------------|--|--|--|--|--|--|---------------------|---------------------|
| START | 1 Fake EB | 2 Fake EB | 3 Fake EB | 4 Fake EB | 5 S | 6 EB | 7 S | 8 O | 1 O | 2 O | |
| | 5 O | 4 Toad | 3 Toad | 2 S | 1 O | 8 SSC | 7 SSC | 6 Backward Jump Stop | 5 Backward Jump Stop | 4 Toad | 3 Toad |
| | 6 S | 7 Toad | 8 O | 1 Jump step skill of choice 6 times | 2 Jump step skill of choice 6 times | 3 Jump step skill of choice 6 times | 4 Jump step skill of choice 6 times | 5 Jump step skill of choice 6 times | 6 Jump step skill of choice 6 times | 7 Pose of choice | 8 Pose of choice |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

Fake EB / EB / Toad / SSC

STEP

2

COUNT JUMPING

Fill in the date you practiced and were able to do the count jumping!

Level
6

| | | | | | | | | | | |
|-------|---|---|--------|----|---|---|------|---|---|---|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| | 0 | 0 | S Toad | SO | 0 | 0 | Toad | 0 | 0 | 0 |

| | | | | | | | | | | |
|---|-----|---|---|---|------------------|---|---|---|------------------|---|
| 5 | 4 | 3 | 2 | 1 | 8 | 7 | 6 | 5 | 4 | 3 |
| 0 | 000 | 0 | 0 | 0 | ★ Select a skill | 0 | 0 | 0 | ★ Select a skill | 0 |

| | | | | | | | | | | |
|---|-----------------------------------|---|---|---|---|---|---|---|----------------|---|
| 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 0 | OCO | | | | | | | | | |
| | Jump step skill of choice 6 times | | | | | | | | Pose of choice | |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

S Toad / 000 / OCO

★ Select a skill

Choose 2 skills from these
O TS / O CL / O AS / Toad O
※ Each skill can be chosen only once.

Level
7

| | | | | | | | | | | |
|-------|---|---|------------------|---|---|---|------------------|---|---|---|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| | 0 | 0 | ★ Select a skill | C | S | S | ★ Select a skill | 0 | S | S |

| | | | | | | | | | | |
|---|--------------|---|---|---|---|------------------|---|---|---|------------------|
| 5 | 4 | 3 | 2 | 1 | 8 | 7 | 6 | 5 | 4 | 3 |
| 0 | Wrap Skill 2 | | | 0 | 0 | ★ Select a skill | 0 | 0 | C | ★ Select a skill |

| | | | | | | | | | | |
|---|---|---|---|---|------------------------------|---|------------------------------|---|----------------|---|
| 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | 0 | 0 | Triple under skill of choice | | Triple under skill of choice | | Pose of choice | |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

Wrap Skill 2

★ Select a skill

Choose 4 skills from these
Toad / TS / CL / AS / Crougar / EB
※ Each skill can be chosen only once.

Level
8

| | | | | | | | | | | |
|-------|---|---|----|----|----|----|---|---|---|---|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| | | C | /C | /C | /C | /C | 0 | 0 | 0 | 0 |

| | | | | | | | | | | |
|---|-----------------------------------|---|---|---|---|---|--------------------|---|---|----|
| 5 | 4 | 3 | 2 | 1 | 8 | 7 | 6 | 5 | 4 | 3 |
| | Jump step skill of choice 8 times | | | | 0 | C | Backward Jump Stop | | 0 | CO |

| | | | | | | | | | | |
|---|---|---|------------------------------|---|------------------------------|---|------------------------------|---|----------------|---|
| 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | Triple under skill of choice | | Triple under skill of choice | | Triple under skill of choice | | Pose of choice | |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

/C / CO

Level
9

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|---|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 3 | 2 | 1 | 8 | 7 | 6 | 5 | 4 | 3 |
| | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|----|---|----------------|---|
| 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | 0 | 0 | 0 | 0 | TJ | | Pose of choice | |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

New skills needed

TJ

※ Put 7 or more of your favorite skills in the 3x8 (1st to 24th beat) blank space from the start!
※ Use 2 counts for skills that are triple under or higher !

Level
10

| | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|---|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 |
| | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 3 | 2 | 1 | 8 | 7 | 6 | 5 | 4 | 3 |
| | | | | | | | | | | |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----------------|---|
| 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | | | | Pose of choice | |

| Check date | Jumped to the beat of music date |
|------------|----------------------------------|
| | |

※ Put 9 or more of your favorite skills in the 3x8 (1st to 24th beat) blank space from the start!
※ Use 2 counts for skills that are triple under or higher !
※ Put a TJ and 2 types of your favorite triple under skills in the last 1x8(25th to 32nd beat).

STEP 3 FREESTYLE

| | | | | | | | | |
|-------|----------------|-----------|---------------|--------------|-----------|----------|--------------------|----------|
| START | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | O (move right) | | O (move left) | | 360 | | C | O |
| CL | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | O | O | O | AS | O | O | O | O |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | SC | SO | OO | | OC | CC | CO | |
| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | SOC | O | O | SCO | | O | O | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | SCC | | SOO | | OOO | | Letter V stop | |
| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | <u>S</u> | <u>C</u> | <u>S</u> | <u>O</u> | <u>O</u> | <u>O</u> | <u>O</u> | <u>O</u> |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | <u>SC</u> | <u>SO</u> | <u>SC</u> | <u>SO</u> | <u>OO</u> | | Backward Jump Stop | |
| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | | | | Wrap Skill 2 | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | O | O | Toad O | | O | O | O AS | |
| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | O | OTS | | O | O | | Pushup | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 180 | | <u>180</u> | | 180 | | <u>180</u> | |
| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| | Pose of choice | | TJ | | O | O | O | |

Fill in the date you practiced and were able to do the freestyle!

| | | | |
|------------|--|----------------------------------|--|
| Check date | | Jumped to the beat of music date | |
|------------|--|----------------------------------|--|

▶ Reference video

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