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

6 years and above

BASIC JUMP ROPE TEST goal and attainable abilities

Learn the most basic jump rope skills and how to jump combining various basic skills!

Jump rope foundational strength ··· Become able to do the most basic jump rope skills of "forward jump," "cross over," "side swing," etc.

Ability to concentrate ················ Develop a greater ability to concentrate than by jumping the same skill repeatedly by jumping combinations of skills.

Sense of rhythm ·························· Develop a sense of rhythm by jumping to the beat of music.

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 ❶ — 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.

★First focus mainly on practicing the most basic jump rope skills of "forward jump," "cross over," and "side swing!"

★Once you are able to do "forward jump," "cross over," and "side swing," try practicing combination skills and step skills!

STEP ❷ — COUNT JUMPING

Learn to jump combinations of the skills you learned in Step 1. First, try jumping the skills notated in order from left to right. Once you are able to do this, try jumping the skill combination to the beat of 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 BASIC level is to be able to jump combinations of various skills in 2 measures of 1 - 8 (2x8, 16 beats).

★Once you are able to jump combinations of skills try jumping to the beat of music!

STEP ❸ — FREESTYLE

Combine various skills in 8 measures of 1 – 8 (8x8, 64 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 8th 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!
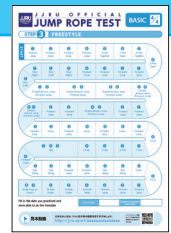
▶ Reference video & music

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http://jjru.sport/jumpropetest/en/

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STEP 1 — SKILLS

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

Basic Skills

Skill name	First time success	Successful 1 in 3 times	Always successful
Forward Jump			
Cross			
Side Swing			

Combination Skills

Skill name	First time success	Successful 1 in 3 times	Always successful
Cross Open			
Side Cross			
Side Open			

Step Skills

Skill name	First time success	Successful 1 in 3 times	Always successful
Straddle Jump			
Skier			
Bell			
Jogging Step			
Double Bounce Jump			
1 Foot 2 Feet Alternating Jump			
Swing Kick Jump			

Other Skills

Skill name	First time success	Successful 1 in 3 times	Always successful
Double Under			
Release Catch "Fishing"			
360			

Finish Poses

Skill name	First time success	Successful 1 in 3 times	Always successful
Letter V Stop			
Arm Wrap Stop			
Cross Stop			
Body Wrap Stop			

▶ Reference video

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STEP 2 — COUNT JUMPING

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

Level 1

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Forward Jump	Forward Jump	Forward Jump	Forward Jump	2 Feet Together	2 Feet Open	2 Feet Together	2 Feet Open	Forward Jump	Forward Jump	Forward Jump	Forward Jump	2 Feet Together	2 Feet Open	2 Feet Together	2 Feet Open	Letter V Stop		

Level 2

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Forward Jump	Forward Jump	Forward Jump	Forward Jump	Skier (Right)	Skier (Left)	Skier (Right)	Skier (Left)	Forward Jump	Forward Jump	Forward Jump	Forward Jump	Bell (Front)	Bell (Back)	Bell (Front)	Bell (Back)	Arm Wrap Stop		

Level 3

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Jogging Step	Jogging Step	Jogging Step	Jogging Step	Jogging Step	Jogging Step	Jogging Step	Jogging Step	Forward Jump	Cross	Forward Jump	Cross	Forward Jump	Cross	Forward Jump	Cross	Letter V Stop		

Level 4

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
1 Foot	2 Feet	1 Foot	2 Feet	1 Foot	2 Feet	1 Foot	2 Feet	Cross	Cross	Cross	Cross	Cross	Cross	Cross	Cross	Arm Wrap Stop		

Level 5

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Side Swing	Side Swing	Cross	Cross	Side Swing	Side Swing	Cross	Cross	Side Swing	Side Swing	Forward Jump	Forward Jump	Side Swing	Side Swing	Forward Jump	Forward Jump	Cross Stop		

Level 6

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Swing Kick	Swing Kick	Swing Kick	Swing Kick	Swing Kick	Swing Kick	Swing Kick	Swing Kick	Forward Jump	Forward Jump	Cross	Forward Jump	Forward Jump	Forward Jump	Cross	Forward Jump	Body Wrap Stop		

Level 7

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Side Swing	Cross	Side Swing	Cross	Side Swing	Cross	Side Swing	Cross	Side Swing	Forward Jump	Side Swing	Forward Jump	Side Swing	Forward Jump	Side Swing	Forward Jump	Arm Wrap Stop		

Level 8

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Double Bounce (Forward Jump)		Double Bounce (Forward Jump)		Double Bounce (Forward Jump)		Double Bounce (Forward Jump)		Double Bounce (Cross)		Double Bounce (Forward Jump)		Double Bounce (Cross)		Double Bounce (Forward Jump)		Cross Stop		

Level 9

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Release Catch (Fishing)		Body Wrap		Unwind Body Wrap		Side Swing	Side Swing	Forward Jump	Forward Jump	Forward Jump	Forward Jump	360		Forward Jump	Forward Jump	Arm Wrap Stop		

Level 10

1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Pose	Check date	Jumped to the beat of music date
Side Swing	Cross	Side Swing	Forward Jump	Side Swing	Cross	Side Swing	Forward Jump	Forward Jump	Forward Jump	Forward Jump	Double Under	Forward Jump	Forward Jump	Forward Jump	Double Under	Letter V Stop		

▶ Reference video

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STEP 3 — FREESTYLE

START

| 1 Forward Jump | 2 Forward Jump | 3 Forward Jump | 4 Forward Jump | 5 2 Feet Together | 6 2 Feet Open | 7 2 Feet Together |

8 2 Feet Open

| 7 Skier (Right) | 6 Skier (Left) | 5 Skier (Right) | 4 Forward Jump | 3 Forward Jump | 2 Forward Jump | 1 Forward Jump |

8 Skier (Left)

| 1 2 Double Bounce Jump (Forward Jump) | 3 4 Double Bounce Jump (Forward Jump) | 5 6 Double Bounce Jump (Forward Jump) | 7 8 Double Bounce Jump (Forward Jump) |

| 8 7 Double Bounce Jump (Forward Jump) | 6 Forward Jump | 5 Forward Jump | 4 3 Double Bounce Jump (Forward Jump) | 2 Forward Jump | 1 Forward Jump |

| 1 Forward Jump | 2 Cross | 3 Forward Jump | 4 Cross | 5 Forward Jump | 6 Cross | 7 Forward Jump |

8 Cross

| 7 6 5 360 | 4 2 Feet | 3 1 Foot | 2 2 Feet | 1 1 Foot |

8 Forward Jump

| 1 Side Swing | 2 Side Swing | 3 Forward Jump | 4 Forward Jump | 5 Side Swing | 6 Side Swing | 7 Cross |

8 Cross

| 8 7 Finish Pose of Choice | 6 Double Under | 5 Double Under | 4 Forward Jump | 3 Forward Jump | 2 Forward Jump | 1 Forward Jump |

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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