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

7 years and above

BASIC JUMP ROPE TEST goal and attainable abilities

Learn new skills and become able to jump to the beat of music! If you can do this, you will be a jump rope master!

Jump rope adaptability···   Become able to do basic backward jumping skills, double under applied skills, such as a cross double under, and cross jump applied skills, such as the EB and TS.

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.

Memory ······················   Enhance your memory by learning jump rope skill notation and continuous skills.

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.

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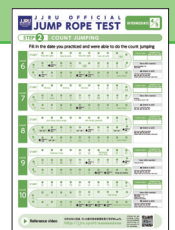
STEP ❷   COUNT JUMPING

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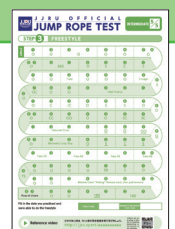★Once you are able to jump combinations of skills try jumping to the beat of music!

STEP ❸   FREESTYLE

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/

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STEP 1 — SKILLS

＊In order to learn the notation of skills, the skills acquired in JJRU OFFICIAL JUMP ROPE TEST BASIC SKILLS are also notated.

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

Basic Skills

Skill name	Notation	First time success	Successful 1 in 3 times	Always successful
Forward Jump	O			
Cross	C			
Side Swing	S			
Backward Jump	O̲			
Back Cross	C̲			
Back Side Swing	S̲			

Applied skills

Skill name	Notation	First time success	Successful 1 in 3 times	Always successful
Front/Back Cross	EB			
Behind Back Cross	TS			
Toad	Toad			
Crougar	Crougar			

Double Under Skills

Skill name	Notation	First time success	Successful 1 in 3 times	Always successful
Double Under	OO			
Back Double Under	O̲O̲			
Cross Open Double Under	CO			
Open Cross Double Under	OC			
Cross Double Under	CC			
Double Under Side Cross	SC			
Double Under Side Open	SO			

Other Skills

Skill name	Notation	First time success	Successful 1 in 3 times	Always successful
180	180			
180̲	180̲			
Fake EB	Fake EB			
Switch Cross	/C			
Monkey	Monkey			
360	360			
Side Wrap	Side Wrap			
Fake Pushup	Fake Pushup			
Caboose Cross	Caboose Cross			

Finish Poses

Skill name	Notation	First time success	Successful 1 in 3 times	Always successful
Feet Cross Stop	Feet Cross Stop			
Hero Finish	Hero Finish			
Caboose Cross Stop	Caboose Cross 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

START	❶ O	❷ O	❸ C	❹ O	❺ O	❻ O	❼ C	❽ O	❶ S	❷ C
❺ S	❹ C	❸ C	❷ S	❶ S	❽ C	❼ S	❻ O	❺ S	❹ O	❸ S
❻ S	❼ O	❽ O	❶ O	❷	❸ O	❹	❺ O	❻ O	❼ OO	❽ Letter V Stop

Check date	Jumped to the beat of music date

New skills needed
Forward Jump = O
Cross = C
Side Swing = S
Double Under = OO

Level 2

START	❶ O	❷ O	❸ S	❹ O	❺ O	❻ O	❼ S	❽ O	❶ O	❷ O
❺ S	❹ O	❸ C	❷ S	❶ S	❽ 180	❼ O	❻ O	❺ O	❹ 180	❸
❻ S	❼ O	❽ C	❶ O	❷	❸ C	❹	❺ O	❻ O	❼ OO	❽ Letter V Stop

Check date	Jumped to the beat of music date

New skills needed
Backward Jump = O
180
180

Level 3

START	❶ O	❷ O	❸ CO	❹ O	❺ O	❻ O	❼ CC	❽ O	❶ O	❷ O
❺ O	❹ O	❸ CC	❷ O	❶ O	❽ 360 (counter clockwise)	❼	❻ O	❺ O	❹ 360 (clockwise)	❸
❻ O	❼ CO	❽ O	❶ S	❷ Crougar	❸ S	❹ S	❺ O	❻ O	❼ Feet Cross Stop	❽

Check date	Jumped to the beat of music date

New skills needed
Cross Open Double Under = CO
Cross Double Under = CC
360
Crougar
Feet Cross Stop

Level 4

START	❶	❷ Fake Pushup	❸	❹	❺ O	❻ O	❼ C	❽ O	❶ Fake EB (right)	❷
❺ O	❹ O	❸ OC	❷ O	❶ O	❽ Fake EB (left)	❼	❻ Fake EB (right)	❺	❹ Fake EB (left)	❸
❻ O	❼ OC	❽ O	❶ O	❷ O	❸ SC	❹ SO	❺ O	❻ O	❼ Feet Cross Stop	❽

Check date	Jumped to the beat of music date

New skills needed
Fake Pushup
Fake EB
Open Cross Double Under = OC
Double Under Side Cross = SC
Double Under Side Open = SO

Level 5

START	❶ O	❷ O	❸ Toad	❹ O	❺ O	❻ O	❼ Toad	❽ O	❶ O	❷ O
❺ 180	❹ O	❸ OO	❷ O	❶ O	❽ O	❼ C	❻ O	❺ C	❹ 180	❸
❻	❼ C	❽	❶ S	❷ S	❸ OC	❹ O	❺ O	❻ C	❼ Feet Cross Stop	❽

Check date	Jumped to the beat of music date

New skills needed
Toad
Back Cross = C
Back Double Under = OO

▶ **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!

Level 6

START — ① Fake EB (right) ② ③ Fake EB (left) ④ ⑤ Fake EB (right) ⑥ ⑦ Fake EB (left) ⑧ ① 180 ②

⑤ O ④ O ③ ★Select a skill ② O ① O ⑧ 180 ⑦ ⑥ O ⑤ S ④ C ③ S

⑥ O ⑦ ★Select a skill ⑧ O ① O ② O ③ ★Select a skill ④ ★Select a skill ⑤ O ⑥ O ⑦ Hero Finish ⑧

Check date	Jumped to the beat of music date

New skills needed
Back Side Swing = S
Hero Finish

★ Select a skill
Choose 4 skills from these
OO, CO, OC, CC, SC, SO
※Each skill can be chosen only once.

Level 7

START — ① Monkey ② ③ Monkey ④ ⑤ Monkey ⑥ ⑦ S ⑧ O ① S ② EB

⑤ O ④ O ③ Toad ② S ① S ⑧ O ⑦ S ⑥ EB ⑤ S ④ O ③ S

⑥ O ⑦ Toad ⑧ O ① O ② O ③ ★Select a skill ④ O ⑤ O ⑥ O ⑦ Hero Finish ⑧

Check date	Jumped to the beat of music date

New skills needed
Monkey
Front/Back Cross = EB

★ Select a skill
Choose 1 skill from these
OO, CO, OC, CC, SC, SO

Level 8

START — ① Arm Wrap (back wrap) ② ③ ④ ⑤ Arm Wrap (unwind) ⑥ ⑦ ⑧ ① S ② S

⑤ O ④ SorCorO ③ ★Select a skill ② S ① S ⑧ SorCorO ⑦ ★Select a skill ⑥ O ⑤ O ④ SorCorO ③ ★Select a skill

⑥ O ⑦ ★Select a skill ⑧ SorCorO ① O ② O ③ OO ④ O ⑤ O ⑥ C ⑦ Hero Finish ⑧

Check date	Jumped to the beat of music date

★ Select a skill
Choose 4 skills from these
C, EB, TS, Toad, Crougar
※Each skill can be chosen only once.

Level 9

START — ① Caboose Cross ② ③ ④ ⑤ O ⑥ O ⑦ Backward Jump Stop ⑧ ① O ② O

⑤ S ④ O ③ O ② EB ① S ⑧ O ⑦ ★Select a skill ⑥ O ⑤ O ④ O ③ ★Select a skill

⑥ EB ⑦ O ⑧ O ① O ② O ③ C ④ O ⑤ ★Select a skill ⑥ ★Select a skill ⑦ Pose of choice ⑧

Check date	Jumped to the beat of music date

New skills needed
Caboose Cross

★ Select a skill
Choose 4 skills from these
OO, CO, OC, CC, SC, SO
※Each skill can be chosen only once.

Level 10

START — ① O ② O ③ O ④ TS ⑤ O ⑥ O ⑦ O ⑧ TS ① O ② O

⑤ /C ④ /C ③ C ② O ① O ⑧ O ⑦ O ⑥ Side Wrap ⑤ ④ ③

⑥ ⑦ /C ⑧ O ① O ② O ③ ★Select a skill ④ ★Select a skill ⑤ ★Select a skill ⑥ ★Select a skill ⑦ Caboose Cross Stop ⑧

Check date	Jumped to the beat of music date

New skills needed
Behind Back Cross = TS
Side Wrap
Switch Cross = /C
Caboose Cross Stop

★ Select a skill
Choose 4 skills from these
OO, CO, OC, CC, SC, SO
※Each skill can be chosen only once.

▶ **Reference video**

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STEP 3 — FREESTYLE

START

1	2	3	4	5	6	7	8
O	O	O	O	O		O	

8	7	6	5	4	3	2	1
O		360		O	S	C	S

1	2	3	4	5	6	7	8
O	O	Toad	O	O	O	Crougar	S

8	7	6	5	4	3	2	1
O	OC	O	O	Fake Pushup			

1	2	3	4	5	6	7	8
O	C	/C	O	S	S	O	O

8	7	6	5	4	3	2	1
O		CC	OO	O	O	SC	SC

1	2	3	4	5	6	7	8
Caboose Cross				O	O	OO	O

8	7	6	5	4	3	2	1
O		Backward Jump Stop		O	S	C	S

1	2	3	4	5	6	7	8
Fake EB		Fake EB		Fake EB		Fake EB	

8	7	6	5	4	3	2	1
TS	O	O	O	O	EB	S	O

1	2	3	4	5	6	7	8
O	O	Release Catch "Fishing": Release back, then pull forward					

8	7	6	5	4	3	2	1
Pose of choice		O	O	180		180	

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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