

Manual

What is the combination 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 combination skills that 2 or more people can do, thus acquiring not only jump rope technical capability, but also cooperation and communication skills. 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

Goal and attainable abilities

Learn applied jump rope skills that can be done with two or more people and become able to combine and jump various skills! Combine jump rope skills and also try skills not listed in the jump rope test.

Teamwork

Develop teamwork skills by trying skills and combination skills as a team.

Imagination

Learning various jump rope skills broadens the range of jump rope possibilities and enables the ability to imagine skills not listed in the jump rope test.

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 one part, write the date in the "Can do 1 part" space. When you get even more advanced and are able to do all parts, write the date in the "Can do all parts" space. You do not need to try the skills in order starting at the top, so start with skills you can do.



STEP 2

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 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 4 measures of 1- 8 (4x8, 32 beats).

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

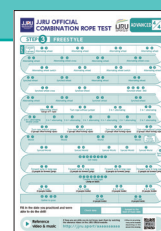


STEP 3

FREESTYLE

Combine various skills in 16 measures of 1 - 8 (8x12, 128 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

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

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STEP 1 SKILLS

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

2 in 1

No. of people	Skill name	Can do 1 part	Can do all parts
2	2 in 1 alternating double under		
2	2 in 1 1-person cross		
2	2 in 1 separate position change		

Wheel

No. of people	Skill name	Can do 1 part	Can do all parts
2	Alternating wheel		
2	Alternating wheel cross		
2	Alternating wheel switch		

Traveler

No. of people	Skill name	Can do 1 part	Can do all parts
3	Synced wheel traveler		

Long rope

No. of people	Skill name	Can do 1 part	Can do all parts
3	Long rope S wave		
4	World		
4	Traveler in long rope		



Reference
video & music

If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.
<https://www.youtube.com/playlist?list=PLn6SFcFVyXIE4zC1cWtzPhv0b0LQfe8mn>


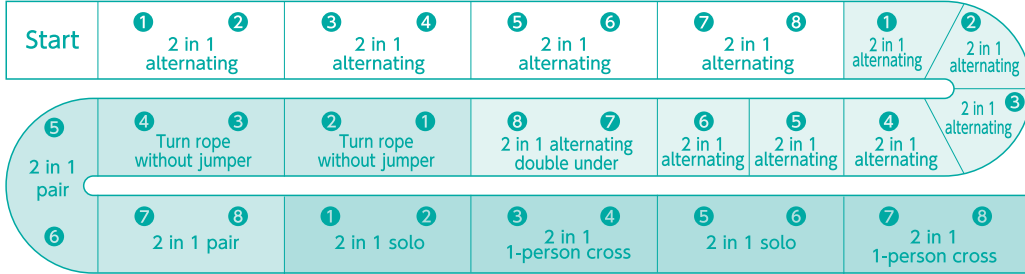
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STEP 2 COUNT JUMPING

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

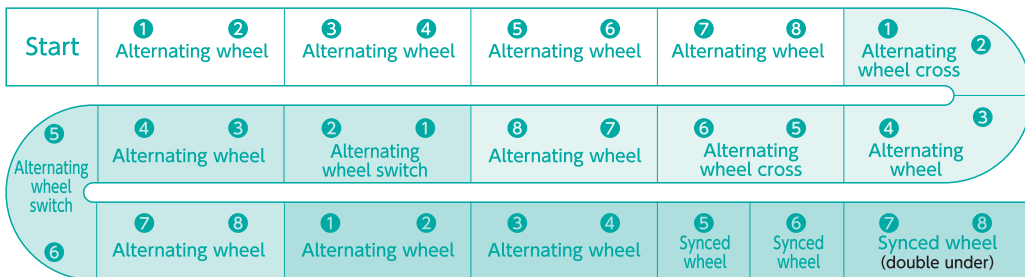
Do with 2 people
①

Check date

Jumped to the beat of music date


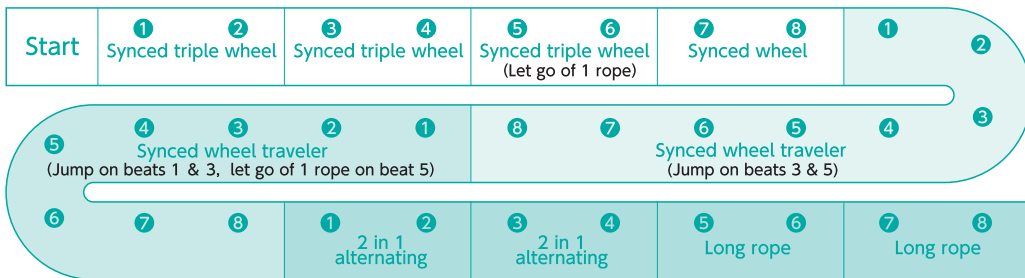
Do with 2 people
②

Check date

Jumped to the beat of music date

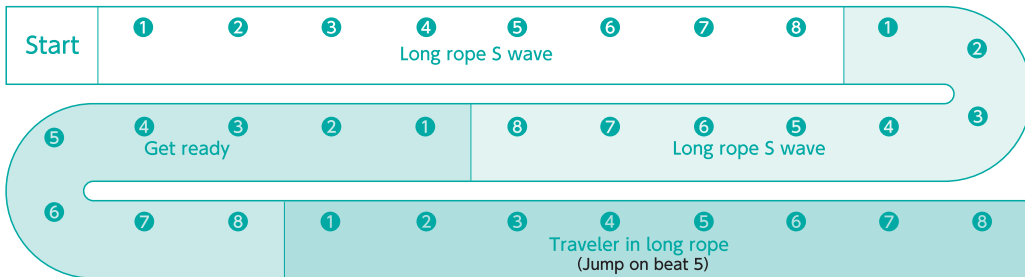
Do with 3 people
③

Check date

Jumped to the beat of music date

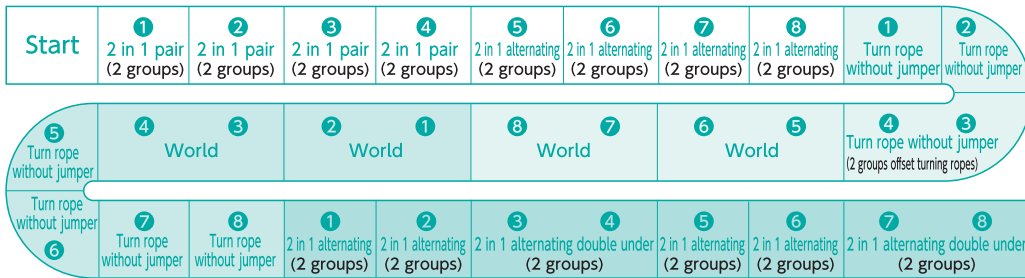
Do with 4 people
④

Check date

Jumped to the beat of music date

Do with 4 people
⑤

Check date

Jumped to the beat of music date



Reference video & music

If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.
<https://www.youtube.com/playlist?list=PLn6SFcFVyXIHb-Lj7d-qpE1EQlqk3dGkX>

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STEP 3 FREESTYLE

Start 2 people x 2 groups

1 2 Alternating wheel	3 4 Alternating wheel	5 6 Alternating wheel	7 8 Alternating wheel
8 7 Alternating wheel	6 5 Alternating wheel cross	4 3 Alternating wheel	2 1 Alternating wheel cross
1 2 Alternating wheel switch	3 4 Alternating wheel	5 6 Alternating wheel switch	7 8 Alternating wheel
8 7 Synced wheel	6 5 Synced wheel	4 3 Alternating wheel	2 1 Alternating wheel
1 2 Synced wheel cross	3 4 Synced wheel	5 6 7 8 Synced wheel 360	
8 7 Alternating wheel	6 5 Alternating wheel	4 3 Synced wheel	2 1 Synced wheel
1 2 Alternating wheel (Let go of 1 rope)	3 4 Turn rope without jumper	5 6 2 in 1 alternating	7 8 2 in 1 alternating
8 7 2 in 1 alternating double under	6 2 in 1 alternating	5 2 in 1 alternating	4 2 in 1 alternating
3 2 in 1 alternating	2 2 in 1 alternating	1 2 in 1 alternating	
1 2 2 in 1 pair	3 4 2 in 1 1-person cross	5 6 Turn rope without jumper (2 groups offset turning ropes)	7 8 Turn rope without jumper (2 groups offset turning ropes)
8 7 Synced World	6 5 Synced World	4 3 World	2 1 World
1 2 World	3 4 World	5 Synced World	6 Synced World
7 Synced World	8 Synced World		
8 7 6 5 4 3 2 1 Get ready			
1 2 Forward jump in long rope (2 people do forward jump)	3 4 Forward jump in long rope (2 people do forward jump)	5 6 Forward jump in long rope (2 people do forward jump)	7 8 Forward jump in long rope (2 people do forward jump)
8 7 6 5 4 3 2 1 Traveler in long rope (Jump on beat 5)			
1 2 2 in 1 cross (3 people inside)	3 4 2 in 1 cross (3 people inside)	5 6 2 in 1 cross (3 people inside)	7 8 2 in 1 cross (3 people inside)
8 7 6 5 Gather to pose	4 3 2 in 1 pair (4 people inside)	2 1 2 in 1 pair (4 people inside)	

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

Check date		Jumped to the beat of music date	
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 **Reference video & music**

If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.
<https://www.youtube.com/watch?v=yjxknGDWylc>

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