

## 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

6 years and above

### Goal and attainable abilities

Learn and try basic jump rope skills that can be done with two or more people.

#### Combination jump rope technical ability (basic)

Become able to do basic jump rope skills done with 2 or more people: "2 in 1," "wheel," "traveler," and "long rope."

#### Communication skills

Acquire communication skills by calling out to 1 or more other people.

#### Motor nerves

Train your motor nerves by trying various ways to move.



### 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.

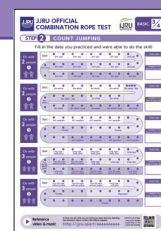


## STEP ②

### 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!

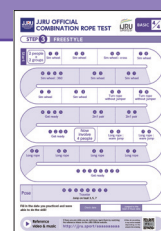


## STEP ③

### FREESTYLE

Combine various skills in 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

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 solo		
2	2 in 1 pair		
2	2 in 1 separate		

### Wheel

No. of people	Skill name	Can do 1 part	Can do all parts
2	Synced wheel		
2	Synced wheel : 360		
2	Synced wheel : cross		

### Traveler

No. of people	Skill name	Can do 1 part	Can do all parts
2	Traveler		

### Long rope

No. of people	Skill name	Can do 1 part	Can do all parts
3	Long rope		
3	Long rope : one jump		
3	Long rope : wave jump		



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://youtube.com/playlist?list=PLn6SFcFVyXIF7PFTQqV4g64TAe40pBRV5>

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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**



Start	1 2 2 in 1 solo	3 4 2 in 1 solo	5 6 2 in 1 solo	7 8 2 in 1 solo	1 2 2 in 1 pair
5 2 in 1 solo	4 3 2 in 1 solo	2 1 2 in 1 solo	8 7 2 in 1 pair	6 5 2 in 1 pair	4 3 2 in 1 pair
6	7 8 2 in 1 solo	1 2 2 in 1 pair	3 4 2 in 1 pair	5 6 2 in 1 pair	7 8 2 in 1 pair

Check date

Jumped to the  
beat of music date

Do with  
**2** people  
**2**



Start	1 2 Synced wheel	3 4 Synced wheel	5 6 Synced wheel	7 8 Synced wheel	1 2 3 4 Synced wheel : 360
5 Synced wheel	4 3 Synced wheel : 360	2 1 Synced wheel	8 7 Synced wheel	6 5 Synced wheel	
6	7 8 Synced wheel	1 2 Synced wheel : cross	3 4 Synced wheel	5 6 Synced wheel : cross	7 8 Synced wheel

Check date

Jumped to the  
beat of music date

Do with  
**2** people  
**3**



Start	1 2 2 in 1 separate	3 4 2 in 1 separate	5 6 2 in 1 separate	7 8 2 in 1 separate	1 2
5 Traveler	4 3 Traveler	2 1 Traveler	8 7 Traveler	6 5 Traveler	4 3
6	7 8 2 in 1 separate	1 2 2 in 1 separate	3 4 2 in 1 separate	5 6 2 in 1 separate	7 8 2 in 1 separate

Check date

Jumped to the  
beat of music date

Do with  
**3** people  
**1**



Start	1 2 Long rope : wave jump	3 4 Long rope : wave jump	5 6 Long rope : wave jump	7 8 Long rope : wave jump	1 2 Long rope
5 Turn rope without jumper	4 3 Turn rope without jumper	2 1 Turn rope without jumper	8 7 Long rope : one jump	6 5 Long rope	4 3 Long rope
6	7 8 Long rope : one jump	1 2 Turn rope without jumper	3 4 Turn rope without jumper	5 6 Turn rope without jumper	7 8 Long rope : one jump

Check date

Jumped to the  
beat of music date

Do with  
**3** people  
**2**



Start	1 2 Turn rope without jumper	3 4 Turn rope without jumper	5 6 Turn rope without jumper	7 8 Long rope : one jump	1 2
5 Traveler	4 3 Traveler	2 1 Traveler	8 7 Traveler	6 5 Get ready	4 3
6	7 8 Traveler	1 2 Traveler	3 4 Traveler	5 6 Traveler	7 8 Traveler

Check date

Jumped to the  
beat of music date



Reference  
video & music

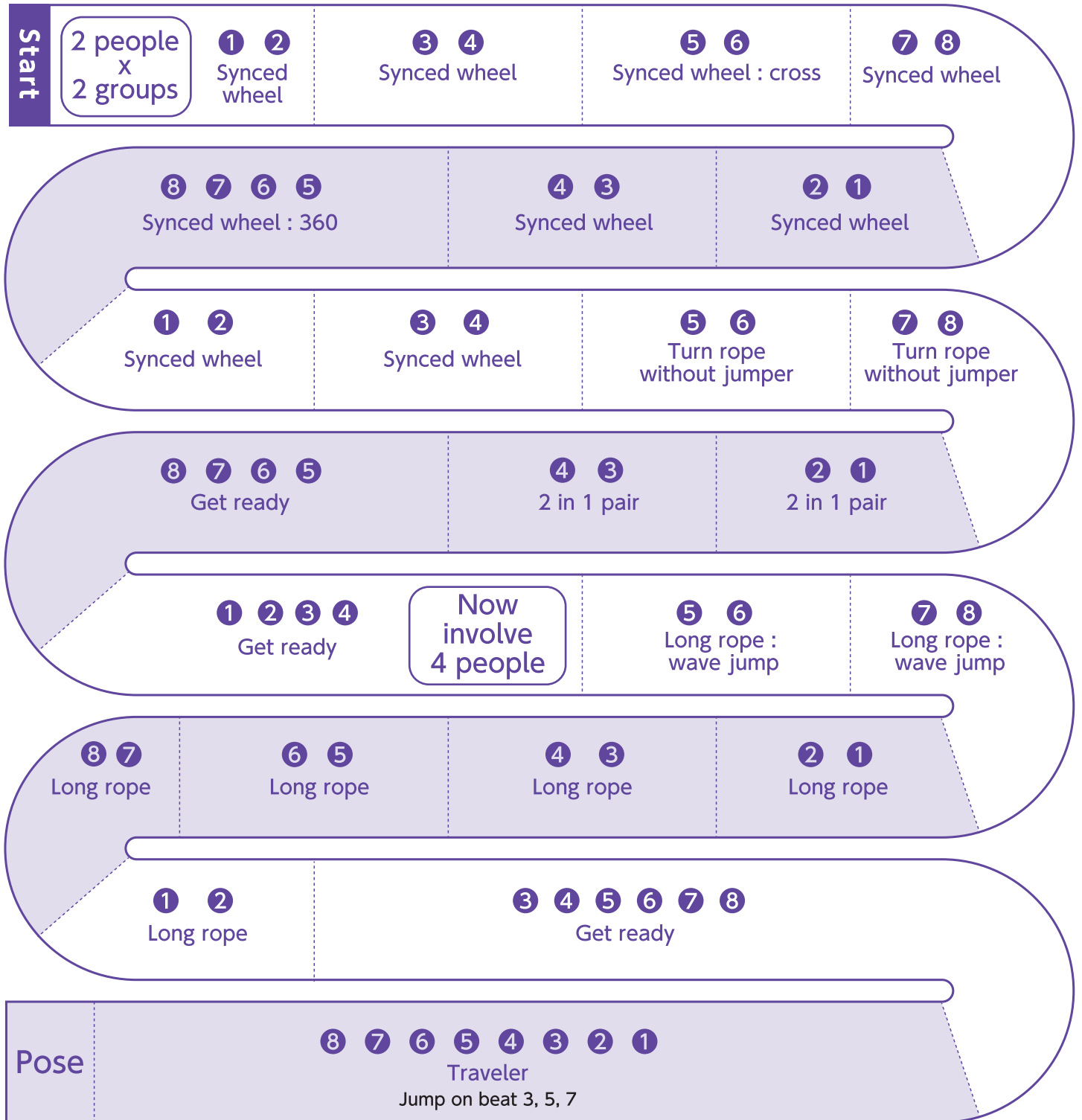
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<https://www.youtube.com/playlist?list=PLn6SFvYXIHcCD7T0uxTUU1G94pN0wPe>

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## STEP 3 FREESTYLE



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

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/watch?v=pBhR8rQCE\\_w](https://www.youtube.com/watch?v=pBhR8rQCE_w)

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