

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

7 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!

Combination jump rope technical ability (application)

Acquire the application capabilities of "2 in 1," "wheel," "traveler," and "long rope," done by 2 or more people.

Cooperation skills

Learn cooperation skills by synchronizing timing with others when jumping rope.

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 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.

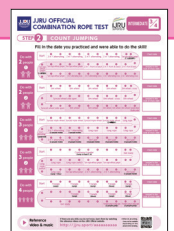


STEP ②

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 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 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		
2	2 in 1 front & back		
2	2 in 1 alternating cross		

Wheel

No. of people	Skill name	Can do 1 part	Can do all parts
2	Synced wheel side open		
2	Synced wheel double under		
3	Synced triple wheel		

Traveler

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

Long rope

No. of people	Skill name	Can do 1 part	Can do all parts
3	Long rope switch		
4	Triangle		
3	Single rope 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=PLn6SFcFVyXlHkkCEIGNA-YkCu6ni1J-T8>

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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 alternating	3 4 2 in 1 alternating	5 6 2 in 1 alternating	7 8 2 in 1 alternating	1 2 Turn rope without jumper (1 person changes handles)
5	4 3 2 in 1 front & back	2 1 2 in 1 front & back	8 7 2 in 1 front & back	6 5 2 in 1 front & back	4 3 Turn rope without jumper
6	7 8 Turn rope without jumper	1 2 2 in 1 alternating cross	3 4 2 in 1 alternating cross	5 6 2 in 1 alternating cross	7 8 2 in 1 alternating cross

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 Synced wheel : cross	
5	4 3 Synced wheel side open	2 1 Synced wheel	8 7 Synced wheel	6 5 Synced wheel : cross	4 3 Synced wheel	
6	7 8 Synced wheel side open	1 2 Synced wheel	3 4 Synced wheel	5 Synced wheel	6 Synced wheel	7 8 Synced wheel double under

Check date

Jumped to the beat of music date

Do with 3 people

1



Start	1 2 Synced triple wheel	3 4 Synced triple wheel	5 6 Synced triple wheel	7 8 Synced triple wheel (Set out 2 rope)	1 2 Long rope
5	4 3 2 in 1 alternating (2 people inside)	2 1 2 in 1 alternating (2 people inside)	8 7 Long rope	6 5 Long rope	4 3 Long rope
6	7 8 2 in 1 alternating (2 people inside)	1 2 2 in 1 pair (3 people inside)	3 4 2 in 1 pair (3 people inside)	5 6 2 in 1 pair (3 people inside)	7 8 2 in 1 pair (3 people inside)

Check date

Jumped to the beat of music date

Do with 3 people

2



Start	1 2 Continuous traveler (Jump on beat 5, 6)	3 4	5 6	7 8	1 2 Get ready
5	4 3 Long rope	2 1 Long rope switch	8 7 Turn rope without jumper	6 5 Turn rope without jumper	4 3
6	7 8 Long rope (Jump 1 time)	1 2 Turn rope without jumper	3 4 2 in 1 alternating	5 6 2 in 1 alternating	7 8 2 in 1 pair (3 people inside)

Check date

Jumped to the beat of music date


Do with 4 people



Start	1 2 Triangle (Jump)	3 4 Triangle (Jump)	5 6 Triangle (Jump)	7 8 Triangle (Move)	1 2 Triangle (Jump)
5	4 3 Triangle (Jump)	2 1 Triangle (Jump)	8 7 Triangle (Move)	6 5 Triangle (Jump)	4 3 Triangle (Move)
6	7 8 Get ready	1 2	3 4	5 6 Forward jump in long rope (2 people jump)	7 8 Forward jump in long rope (2 people jump)

Check date

Jumped to the beat of music date

 Reference video & music

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<https://www.youtube.com/playlist?list=PLn6SFvYxIGdXQekGz9sbPnUS6ZE1LY>

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STEP 3 FREESTYLE

スタート 2 people x 2 groups

1 2 Synced wheel 3 4 Synced wheel 5 6 7 8 Synced wheel side open

8 7 Synced wheel double under 6 Synced wheel 5 Synced wheel 4 3 Synced wheel 2 1 Synced wheel

1 2 Synced wheel 3 4 Synced wheel (Let go of 1 rope) 5 6 Turn rope without jumper 7 8 Turn rope without jumper

8 7 2 in 1 front & back (1 person changes handles) 6 5 2 in 1 front & back 4 3 2 in 1 solo 2 1 2 in 1 solo

1 2 2 in 1 alternating 3 4 2 in 1 alternating 5 6 2 in 1 alternating 7 8 2 in 1 alternating (2 people change handles)

8 7 2 in 1 alternating cross 6 5 2 in 1 alternating cross 4 3 2 in 1 alternating cross 2 1 2 in 1 alternating cross

1 2 3 4 5 6 7 8 Get ready

8 7 6 5 4 3 2 1 Traveler (Jump on beat 3, 5, 7) Now involve 4 people

1 2 3 4 5 6 7 8 Continuous traveler (Jump on beat 5, 6, 7)

8 7 6 5 4 3 2 1 Get ready

1 2 Long rope (2 people jump) 3 4 Long rope (2 people jump) 5 6 Long rope switch (2 people) 7 8 Turn rope without jumper

Pose 8 Long rope (2 people jump) 7 Long rope (2 people jump) 6 Long rope (2 people jump) 5 Long rope (2 people jump) 4 3 Long rope (2 people jump) 2 1 Long rope (2 people jump)

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=WxSgK-Ql6k0>

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