

Manual

What is the JJRU Official Double Dutch 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 types of jump rope, but this test enables one to learn mainly the most basic skills for Double Dutch, thus acquiring basic Double Dutch technical capability. Furthermore, this Double Dutch 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

Goals and attainable abilities

Try Double Dutch development technique skills! Once you can pass the ADVANCED level, you too will be a Double Dutch athlete!!

Muscle strength

Acquire muscle strength by attempting acrobatic techniques.

Spatial perception ability

Acquire the ability to quickly and accurately perceive and recognize position, direction, posture, size, shape, and space by fully utilizing complex turning skills to get the ropes under the jumper, as well as the opposite of such actions.

Ability to think

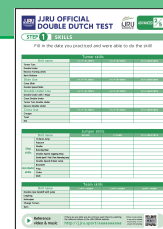
Develop your ability to think by doing freestyle, etc. which involves the combination of various skills.

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 1 SKILLS

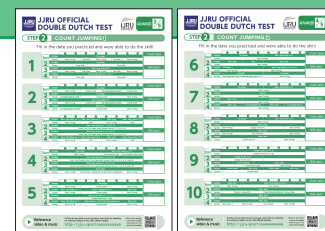
Learn new skills. In Double Dutch (ADVANCED), the 3 main types of skills are turner skills, jumper skills, and team skills. For turner skills, when you are able to turn the ropes without a jumper jumping, write the date in the "Turn with no jumper" space. When you become more advanced and are able to turn the ropes with a jumper jumping, then write the date in the "Turn with a jumper" space, and when you can turn to the beat of music, then write the date in the "Turn to the beat" space. For jumper skills, when you are able to do a skill for the first time, write the date in the "First time success" space. When you become more advanced, write the date in the "Always successful" space, and when you become able to jump to the beat of music, write the date in the "Jump to the beat" space. For team skills, when you are able to do 1 part, write the date in the "Can do 1 part" space. When you have become more advanced, and are able to do multiple parts, fill in the date in the "Can do 2 parts" or "Can do all parts" spaces. 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. Also try jumping 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, 16 beats).

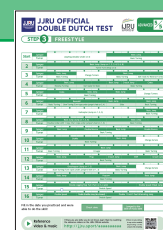
★Once you are able to jump combinations of skills try jumping to the beat of music!



STEP 3 FREESTYLE

Combine various skills in 16 measures of 1 - 8 (16x8, 128 beats) to attempt freestyle (compulsory routine). Do the skills notated from left to right. Also try doing so 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!

Turner skills			
Skill name	Turn with no jumper	Turn with a jumper	Turn to the beat
Turner Turn			
Double Under			
Reverse Turning (Irish)			
Basic Release			
Slide Use	Turn with no jumper	Turn with a jumper	Turn to the beat
Cross Slide			
Double Speed Slide			
Double Under Use	Turn with no jumper	Turn with a jumper	Turn to the beat
Double Under with 1 Rope			
Cross Double Under			
Turner Turn Double Under			
Reverse Double Under			
Cross Use	Turn with no jumper	Turn with a jumper	Turn to the beat
Crougar			
Toad			
E.B.			

Jumper skills				
Skill name		First time success	Always successful	Jump to the beat
Step skills	16 Beat Jump			
	Popcorn			
	Shuffle			
	Running Man			
	Double Speed Jogging Step			
	Double Speed 1 Foot/2 Feet Alternating Jump			
	Double Speed 8 Beat Jump			
Acrobatic skills	Roundoff			
	Frog			
	Crabs			
	Shift			

Team skills			
Skill name	Can do 1 part	Can do 2 part	Can do all parts
Double rope handoff with jump			
Leapfrog			
Helicopter			
Change Turners			
Gyro			




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=PLn6SFcFVyXIFR4jAftDUtYGzNkBoL7q4s>

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STEP 2 COUNT JUMPING 1

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

1	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	No jumper								
	2	Jumper	Basic Turning								Skill used
		Turner	Fast Slide				Basic Turning				
	3	Jumper	Cross Slide								
		Turner	Basic Turning				Fast Slide				
	4	Jumper	Basic Jump (Enter on 1)								
		Turner	Basic Turning				Fast Slide				
4	Jumper	Basic Jump (Jump on 1, 3, 5, 7)									
	Turner	Cross Slide				Cross Slide					

2	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	No jumper								
	2	Jumper	Basic Turning								Skill used
		Turner	Double Under				Basic Turning (Count opposite rope on odd beat)				
	3	Jumper	Basic Turning (Count opposite rope on odd beat)								
		Turner	Double Under				Basic Turning				
	4	Jumper	Basic Jump (Enter on 1)								
		Turner	Basic Turning				Double Under				
4	Jumper	Basic Jump									
	Turner	Basic Turning (Count opposite rope on odd beat)				Double Under					

3	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	Basic Jump (Enter on 1)		Basic Jump (Jump on 3)			Basic Jump		Basic Jump (Jump on 7)	
	2	Jumper	Basic Turning								Skill used
		Turner	Slide				Basic Turning				
	3	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 5, 6)								
		Turner	Turner Turn (Turn ropes under jumper's feet on 1, 2, 3, 4, 5, 6)								
	4	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 5, 6)								
		Turner	Turner Turn (Turn ropes under jumper's feet on 1, 2, 3, 4, 5, 6)								
4	Jumper	Basic Jump (Enter on 1)		Basic Jump (Jump on 3)			Basic Jump		Basic Jump (Jump on 7)		
	Turner	Basic Turning		Slide			Basic Turning		Slide		

4	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	Basic Jump				Basic Jump (Jump on 5, 7)				
	2	Jumper	Basic Turning								Skill used
		Turner	Basic Turning				Slow Double Under				
	3	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 5, 8)								
		Turner	Turner Turn Double Under (Turn ropes under jumper's feet on 1, 2, 3, 4, 5, 5 and, 8)								
	4	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 7, 8)								
		Turner	Turner Turn Double Under (Turn ropes under jumper's feet on 1, 2, 3, 4, 4, and 7, 8)								
4	Jumper	Basic Jump									
	Turner	Basic Turning		Double Under		Cross Double Under		Double Under			Cross Double Under

5	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	No jumper								
	2	Jumper	Basic Turning								Skill used
		Turner	Double Speed				Basic Turning				
	3	Jumper	Basic Jump (Enter on 1)				Double Jogging Step Turn				
		Turner	Basic Turning				Double Speed				
	4	Jumper	Basic Jump (Jump on 1, 3, 5, 7)								
		Turner	Double Under with 1 rope								
4	Jumper	Basic Jump (Enter on 1)				Double Speed 1 Foot/2 Feet Alternating Jump					
	Turner	Basic Turning				Double Speed					

STEP 2 COUNT JUMPING 2

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

6	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date	
		Turner	No jumper				Basic Jump (Enter on 5)					
	2	Jumper	Basic Jump		Frog		Basic Jump				Skill used	
		Turner	Basic Turning									
	3	Jumper	Cartwheel	Basic Jump (Return on 5, 6, 7, 8)								
		Turner	Slow Turning		Basic Turning							
	4	Jumper	Roundoff			No jumper						
		Turner	Basic Turning & Slow Turning (Turn ropes under jumper's feet on 1, 2, 4)				Basic Turning					

7	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	No jumper				Basic Jump (Enter on 5)				
	2	Jumper	Popcorn								Skill used
		Turner	Basic Turning								
	3	Jumper	Basic Jump		Running Man						
		Turner	Basic Turning								
	4	Jumper	Basic Jump		Turn Double Bounce		Basic Jump		Turn Double Bounce		
		Turner	Basic Turning								

8	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	No jumper				Basic Jump (Enter on 5)				
	2	Jumper	Basic Jump								Skill used
		Turner	Basic Turning		Crougar (Turner A)		Basic Turning				
	3	Jumper	Basic Jump								
		Turner	Basic Turning		E.B. (Turner B)		Basic Turning				
	4	Jumper	Basic Jump								
		Turner	Toad (Turner A)				Basic Turning				

9	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	Change Turners (3, 4-7, 8)								
	2	Jumper	Change Turners (3, 4)								Skill used
		Turner	Change Turners (3, 4)								
	3	Jumper	2 and 3 Leapfrog		Basic Jump						
		Turner	Slow Double Under		Basic Turning						
	4	Jumper	Basic Jump		Double Speed 8 Beat Jump		Basic Jump				
		Turner	Basic Turning		Double Speed		Basic Turning				

10	Start	Jumper	①	②	③	④	⑤	⑥	⑦	⑧	Check date
		Turner	Basic Jump				Basic Jump (Jump on 3, 5, 7)				
	2	Jumper	Basic Jump								Skill used
		Turner	Reverse Turning (Irish)		Reverse Turning Double Under (Irish)		Reverse Turning				
	3	Jumper	Basic Jump								
		Turner	Basic Turning								
	4	Jumper	Basic Jump								
		Turner	Basic Release		Basic Turning		Basic Release		Basic Turning		

STEP 3 FREESTYLE

		1	2	3	4	5	6	7	8
Start	Jumper	Leapfrog (Double Under on 3)				Basic Jump			
	Turner					Basic Turning			
2	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 5, 6, 8)							
	Turner	Turner Turn (Stop on 3)							
3	Jumper	Basic Jump		Change Turners		Basic Jump			
	Turner	Basic Turning				Basic Turning		Get ready for Reverse Turning	
4	Jumper	Basic Jump			Basic Jump		Crouch Jump	Crabs	
	Turner	Reverse Turning		Get ready for Basic		Basic Turning			
5	Jumper	Crabs		Basic Jump		Basic Jump			
	Turner	Basic Turning							
6	Jumper	Roundoff				Basic Jump			Basic Jump
	Turner	Basic Turning	Slow Turning (Turn ropes under jumper's feet on 2, 4)			Slide		Basic Turning	
7	Jumper	Helicopter (Jump on 1, 3, 5)							
	Turner							Basic Jump	
8	Jumper	Basic Jump (Jump on 1, 3, 5)				Basic Jump			
	Turner	Double Under with 1 rope (Turn rope under jumper's feet on 1, 3)				Basic Turning			
9	Jumper	Basic Jump		Double Bounce		Basic Jump		Double Bounce	
	Turner	Basic Turning							
10	Jumper	Shuffle				Basic Jump			
	Turner	Basic Turning						Change turners	
11	Jumper	Basic Jump							
	Turner	Basic Turning		Crougar				Basic Turning	
12	Jumper	Basic Jump		Frog	Crouch Jump	Shift	Crouch Jump		
	Turner	Basic Turning							
13	Jumper	Grasshopper (Jump on 1, 3)				Basic Jump			
	Turner	Slow Turning (Turn ropes under jumper's feet on 1, 3)				Basic Turning			
14	Jumper	Basic Jump		Popcorn				Basic Jump	
	Turner	Basic Turning							
15	Jumper	Double Jogging Step Turn (Turn on 3, 4 and)						Double Speed 8 Beat Jump	
	Turner	Double Speed							
16	Jumper	Double Speed		Double Straddles Jump (face forward)		Double 1 Foot/2 Feet Alternating Jump			
	Turner	Double Speed							

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://youtu.be/na6gwgvtVc8>

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