

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

5 years and above

Goals and attainable abilities

Learn the most basic Double Dutch skills and how to jump combining various basic skills!

Double Dutch foundational strength

Become able to do the most basic Double Dutch skills of "Basic Jump" and "Basic Turning," to entering the ropes from outside, jumping, and exiting.

Ability to concentrate

Develop a greater ability to concentrate than by jumping the same skill repeatedly by jumping combinations of skills.

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. In Double Dutch (BASIC), the 2 main types of skills are turner skills and jumper 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. You do not need to try the skills in order starting at the top, so start with skills you can do.

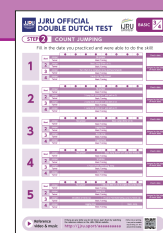


STEP 2

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 BASIC 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 8 measures of 1 - 8 (8x8, 64 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
Basic turning			

Jumper skills		(Aside from 1, 2, 3, and 5 Jump Exits, all others can be cleared by jumping 8 or more times consecutively)		
Skill name		First time success	Always successful	Jump to the beat
Basic jump	Basic Jump			
	5 Jump Exit			
	3 Jump Exit			
	2 Jump Exit			
	1 Jump Exit			
Step	Turn Jump			
	Jogging Step			
	Straddles			
	1 Foot/2 Feet Alternating Jump			
	Scissors			
	Swing Kick			
	Hands Up			

STEP 2 COUNT JUMPING

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

1	1	2	3	4	5	6	7	8	Check date <input style="width: 100%; height: 20px;" type="text"/> Jumped to the beat of music date <input style="width: 100%; height: 20px;" type="text"/>					
	Start	Jumper	No jumper							Turner	Basic Turning			
	2	Jumper	Basic Jump (Enter on 1)							Turner	Basic Turning			
	3	Jumper	Turn (Turn in a complete circle and face forward)							Turner	Basic Turning			
	4	Jumper	Hands Up, face forward							Turner	Basic Turning			
2	1	2	3	4	5	6	7	8	Check date <input style="width: 100%; height: 20px;" type="text"/> Jumped to the beat of music date <input style="width: 100%; height: 20px;" type="text"/>					
	Start	Jumper	No jumper							Turner	Basic Turning			
	2	Jumper	3 Jump Exit (Enter on 1 and exit on 3)							Turner	Basic Turning			
	3	Jumper	2 Jump Exit (Enter on 1 and exit on 2)							Turner	Basic Turning			
	4	Jumper	1 Jump Exit (Enter on 1 and exit on 7)							Turner	Basic Turning			
3	1	2	3	4	5	6	7	8	Check date <input style="width: 100%; height: 20px;" type="text"/> Jumped to the beat of music date <input style="width: 100%; height: 20px;" type="text"/>					
	Start	Jumper	No jumper				Basic Jump (Enter on 5)				Turner	Basic Turning		
	2	Jumper	Jogging Step							Turner	Basic Turning			
	3	Jumper	Basic Jump							Turner	Basic Turning			
	4	Jumper	Jogging Step							Turner	Basic Turning			
4	1	2	3	4	5	6	7	8	Check date <input style="width: 100%; height: 20px;" type="text"/> Jumped to the beat of music date <input style="width: 100%; height: 20px;" type="text"/>					
	Start	Jumper	No jumper				Basic Jump (Enter on 5 and face forward)				Turner	Basic Turning		
	2	Jumper	Straddles							Turner	Basic Turning			
	3	Jumper	1 Foot/2 Feet Alternating Jump							Turner	Basic Turning			
	4	Jumper	Scissors							Turner	Basic Turning			
5	1	2	3	4	5	6	7	8	Check date <input style="width: 100%; height: 20px;" type="text"/> Jumped to the beat of music date <input style="width: 100%; height: 20px;" type="text"/>					
	Start	Jumper	No jumper				Basic Jump (Enter on 5, turn in complete circle, and face forward)				Turner	Basic Turning		
	2	Jumper	Swing Kick							Turner	Basic Turning			
	3	Jumper	Straddles & Hands Up				1 Foot/2 Feet Alternating Jump & Hands Up				Turner	Basic Turning		
	4	Jumper	Jogging Step							Turner	Basic Turning			

STEP 3 FREESTYLE

		1	2	3	4	5	6	7	8
Start	Jumper	5 Jump Exit					Go around turner		
	Turner	Basic Turning							
2	Jumper	3 Jump Exit			No jumper (Change jumpers)				
	Turner	Basic Turning			Stop ropes and change turners				
3	Jumper	Basic Jump (Enter on 1)				Jogging Step			
	Turner	Basic Turning							
4	Jumper	Turn			Scissors			Straddles	
	Turner	Basic Turning							
5	Jumper	Hands Up (Exit on 3)			No jumper (Change jumpers)				
	Turner	Basic Turning			Stop ropes and change turners				
6	Jumper	Basic Jump (Enter on 1)				Jogging Step			
	Turner	Basic Turning							
7	Jumper	Basic Jump				1 Foot/2 Feet Alternating Jump		1 Foot/2 Feet Alternating Jump	
	Turner	Basic Turning							
8	Jumper	Swing Kick		Swing Kick			Basic Jump		
	Turner	Basic Turning							

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/I6JInADKPXI>

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