





## 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

7 years and above

#### Goals and attainable abilities

Learn new skills and become able to jump to the beat of music! If you can do this, you will be a Double Dutch master!

#### **Double Dutch adaptability**

Become able apply basic skills, do double unders, slides, jump to the rhythm of music for 16 beats, and execute applied skills for up to 3 people.

#### Motor nerves

Develop the ability to move your body according to your mental image by trying various skills, experiencing various ways to move, and practicing continuously alternating skills.

#### Memory

Enhance your memory by learning jump rope skill notation and continuous skill.

### 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 SKILLS

Learn new skills. In Double Dutch (INTERMEDIATE), 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).

 $\bigstar$ Once you are able to jump combinations of skills try jumping to the beat of music!



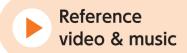
#### **STEP**

#### FREESTYLE

Combine various skills in 16 measures of 1 - 8 (12x8, 96 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!





If there are any skills you do not know, learn them by watching the reference videos on the JJRU Official website.









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

Turner skills (Basic 1x8 -	→ Each skill 1x8 -	→ Basic 1x8 → E	ach skill 1x8)
Skill name	Turn with no jumper	Turn with a jumper	Turn to the beat
Slide			
Slow Double Under			
Cross			
2 Ropes Synchronized Turning			
Slow Turning			
Double Speed			

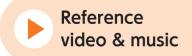
	Jumper skills												
	Skill name	First time success	Always successful	Jump to the beat									
	Double Speed Jogging Step												
Stan	Floor Touch												
Step skills	Knee High Jump												
SKILLS	Double Bounce Straddle Jump												
	Double Bounce Turn Straddle Jump												
Acrobatic	Grasshopper												
Acrobatic	Pushup												
skills	Cartwheel												

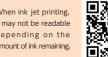
Team skills												
Skill name	Can do 1 part	Can do 2 part	Can do all parts									
Rope Handoff with Jump												
Forward Rotation in Upward Slide												
Triple Turner Turn												
Triple Chao												
Easy Change Turners												

If there are any skills you do not know, learn them by watching

https://www.youtube.com/playlist?list=PLn6SFcFVyXIEdh2FQ95IL1RInaPOQcZrW

the reference videos on the JJRU Official website.





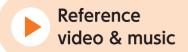


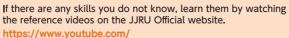




Fill in the date you practiced and were able to do the skill!

			0	2	3	4	6	) (		7	8	Check date
	Start	Jumper				No	jumper					
	Start	Turner	Basic Turi	ning		Slide	В	asic Turning	g	Sl	ide	
	2	Jumper				Basic Jun	np (Enter c	on 5)				
		Turner				Bas	ic Turning					Jumped to the beat
	2	Jumper			Basi	ic Jump (Ju	mp on 1, 2	2, 3, 5, 6, 7)				of music date
-		Turner	Basic Turi	ning		Slide		asic Turning	g	Sl	ide	
		Jumper			Basi	c Jump (Ju	mp on 1, 3	, 5, 7)				
	4	Turner				Slide (Tu	rn on 1, 3,	5, 7)				
			0	2	3	4	6	) (		7	8	Check date
	Start	Jumper				No	jumper					Check date
	Start	Turner	Basic Turr	ning	Slow D	ouble Unde	er B	asic Turning	g	Slow Do	uble Under	
	2	Jumper				Basic Jun	np (Enter d	on 5)				
		Turner				Bas	ic Turning					Jumped to the beat
	2	Jumper			Basi	ic Jump (Ju	mp on 1, 2	2, 3, 5, 6, 7)				of music date
		Turner	Basic Turr	ning		ouble Unde		asic Turning	g	Slow Do	uble Under	
		Jumper				asic Jump (						
	4	Turner			Slow	Double Un	der (Turn	on 1, 3, 5, 7	<b>7</b> )			
			0	2	<b>3</b>	4	6	) (	•	7	8	Check date
	CLANE	Jumper				No	jumper					Check date
	Start	Turner	Basic Turi	ning	(	Cross	В	asic Turning	g	Cr	OSS	
	2	Jumper				Basic Jur	np (Enter c	on 1)				
		Turner				Bas	ic Turning					Jumped to the beat
	2	Jumper				Ва	sic Jump					of music date
	5	Turner	Basic Turr	ning		Cross	В	asic Turning	3	Cr	OSS	
		Jumper				Ba	sic Jump					
	4	Turner			Cross	5				Basic	Turning	
			0	2	3	4	6	) (6	3	7	8	Check date
	Charl	Jumper					jumper					Check date
_	Start	Turner			2	2 Ropes Syn	chronized	Turning				
		Jumper			Ва	asic Jump (	Jump on 1	, 3, 5, 7)				
		Turner				2 Ropes Syn						Jumped to the beat
	2	Jumper	Basi	ic 1 Jump					asic Ju <u>m</u>	p enter o	n 7	of music date
	5	Turner				2 Ropes Syn	chronized	Turning				
	A	Jumper				c Jump (Jui		, 3, 5, 7, 8)				
	4	Turner	2 Rope	es Synchro	onized Tu	rning		1 rope		Ba	sic	
			0	2	3	4	6	) (6	)	7	8	Check date
	Charle	Jumper					jumper					- Check date
	Start	Turner	Double Sp	oeed	Basi	c Turning		ouble Spee	ed	Basic	Turning	]
5	2	Jumper				Basic Jur	np (Enter d	on 5)				
		Turner					ic Turning					Jumped to the beat
		Jumper	Jogging S	tep	B <u>a</u>	sic Jump		e Speed Jo	gging :	Basi	c Jump	of music date
	5	Turner	Double S			c Turning		ouble Spee			Turning	
	A	Jumper		Joggin				·	Basic Jui	mp		
	4	Turner		Double	Speed				Basic Tu	ırning		]









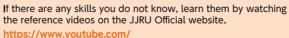




Fill in the date you practiced and were able to do the skill!

			0		2		3		4	6		6		<b>7</b>	8	Check date
	Start	Jumper			No	o jum <sub>l</sub>	per				В	Basic Ju	ımp (E	nter on	5)	
	Start	Turner							Basic 7	urning						
	2	Jumper			Flo	oor To	ouch (Ri	ight ha	ınd)				Basi	c Jump		
		Turner							Basic T	urning						Jumped to the bea
	2	Jumper			Fl	oor T	ouch (L	eft ha					Basi	c Jump		of music date
		Turner							Basic 1	urning						
		Jumper	Floor Touch (Light	t hand) : B	asic Jum	ip Floor	Touch (Left har	ind)			Ba	asic Jur	mp			
		Turner							Basic 1	urning						
		Jumper	0		<b>2</b>	o iumi	<b>3</b>		4	5	Pac	6		<b>7</b> er on 5)	8	Check date
	Start				INC	o jum <sub>l</sub>	per		Basic 7	urning	DdS	sic Juiii	b (Eure	er on s)		
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	2	Jumper		Kne	e High .	Jump	(Right I	leg)	Desie 7	!		В	asic Ju	ımp		
		Turner		Vnd	o High	lumn	/Loft ld	06/	Basic 1	urning		Б	lacie lu	I DO IO		Jumped to the bea
	13	Jumper		Kne	ee High	Jump	(Left le	2g)	Basic T	!		Б	asic Ju	ımp		Of Music date
_		Turner		Vno	o High	Luman	(Diaht )	log)	Basic i	urning	V	ann Him	بمريا ا	o (Left le	~~\	
	4	Jumper Turner		Kile	e High .	Jump	(KIBIIL I	ieg)	Pacie T	urning	N	іее пів	n Juni	p (Leit te	=g)	
	-	Turrier							Basic T	urriirig						
			1		2	1	3		4	6	- 1	6	1	<b>7</b>	8	
		lumper		ه				المثار	4	ы	Poo		-	er on 5)	0	Check date
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					Davih	la Day			Dasic	urning			ania li			
	2	Jumper			Doub	ie Boi	unce		Deele 7	!		Б	asic Ju	ımp		
		Turner			Double	Daum	aa Turn		Basic T	urning		ь	locie li	, mana		Jumped to the bea
	3	Jumper Turner		,	Double	БОИП	Le Tuill		Basic 1	urning		₽	asic Ju	шр		Of Illusic date
		Jumper			Doub	lo Roi	unco		Dasic I	i		ouble I	Rounce	Turn		
	4	Turner			Doub	ile Doi	unce		Basic 1	! !urning	ט	ouble i	Journe	: Iuiii		
		Turrier							Dasic i	urriing						
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	Start	Jumper	0			o jum					Bas	_	p (Ente	<b>7</b> er on 5)	8	Check date
	Start	Turner	0			o jum <sub>l</sub>	per		Basic 7	urning		_	p (Ente		8	Check date
	Start 2	Turner Jumper	0			o jum <sub>l</sub>	per Bas		Basic T	urning p on 1, 3	, 5, 7)	sic Jum	p (Ente		8	
9	Start 2	Turner Jumper Turner	0			o jum <sub>l</sub>	per Bas		Basic Tinp (Jum	urning p on 1, 3 irn on 1,	, 5, 7)	sic Jum	p (Ente		8	Jumped to the bea
9	Start 2 3	Turner Jumper Turner Jumper				o jum	per Bas		Basic Tomp (Jum rning (Tu Basic	urning p on 1, 3 rn on 1, Jump	, 5, 7)	sic Jum	p (Ente		8	
9	Start 2 3	Turner Jumper Turner Jumper Turner		Paci	No		per Ba: Slo	ow Tur	Basic Tomp (Jum rning (Tu Basic Basic T	urning p on 1, 3 irn on 1, Jump urning	s, 5, 7) 3, 5, 7)	sic Jum	p (Ent		8	Jumped to the bea
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9	Start 2 3 4	Turner Jumper Turner Jumper Turner			No	(Jum	per Bas Slo p on 1,	ow Tur	Basic Tomp (Jum rning (Tu Basic Basic T	Turning p on 1, 3 urn on 1, Jump Turning Cartwh	s, 5, 7) 3, 5, 7)	sic Jum	p (Ente		8	Jumped to the bea
9	Start 2 3 4	Turner Jumper Turner Jumper Turner Jumper			No Slow	(Jum	Bas Slo p on 1, ing (Tur	ow Tur , 3) rn on 1	Basic 1 np (Jum rning (Tu Basic Basic 1	ourning p on 1, 3 urn on 1, Jump urning Cartwh	s, 5, 7) 3, 5, 7)	sic Jum		er on 5)		Jumped to the bea of music date
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner Jumper Turner			No Slow	(Jum Turni	Bas Slo p on 1, ng (Tur	ow Tur , 3) rn on 1	Basic T np (Jum rning (Tu Basic Basic T	Turning p on 1, 3 urn on 1, Jump Turning Cartwh	eel	sic Jum		er on 5)	3	Jumped to the bea
9	Start 2 3 4	Turner Jumper Turner Jumper Turner Jumper Turner			No Slow	(Jum	Bas Slo p on 1, ng (Tur	ow Tur , 3) rn on 1	Basic Tonp (Jumoning (Tu Basic Ton) , 3, 5)	Turning p on 1, 3 urn on 1, Jump Turning Cartwh	eel	sic Jum		er on 5)		Jumped to the bea of music date
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner  Jumper Turner			No Slow	(Jum Turni	Base Slow	, 3)	Basic Tonp (Jumoning (Tu Basic Ton) , 3, 5)	ourning p on 1, 3 urn on 1, Jump urning Cartwh	eel	6 sic Jum	p (Ente	er on 5)  7  er on 5)		Jumped to the bear of music date
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner  Jumper Turner  Jumper Jumper Turner			No Slow	(Jum Turni	Base Slow	, 3)	Basic Tmp (Jum rning (Tu Basic T , 3, 5)	urning p on 1, 3 urn on 1, Jump urning Cartwh	eel	6 sic Jum		er on 5)  7  er on 5)		Jumped to the beau of music date  Check date
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner  Jumper Turner  Jumper Turner Jumper Turner			No Slow	(Jum Turni i o jum o (Jum	per Base Slock pon 1, ing (Tur  3) per	, 3) rn on 1	Basic Tomp (Jum rning (Tu Basic Tomp) , 3, 5)  Basic Tomp  Slow Tomp	Turning p on 1, 3 urn on 1, Jump urning Cartwh	eel Bas	6 sic Jum	p (Ente	er on 5)  7  er on 5)		Jumped to the bear of music date  Check date  Jumped to the bear
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner  Jumper Turner  Jumper Turner Jumper Jumper Jumper Jumper			No Slow  2  No Sic Jump	(Jum Turni jum o jum o (Jum	per Base Slo p on 1, ng (Tur  3 per np on 1	, 3) rn on 1	Basic Tomp (Jum rning (Tu Basic Tomp) , 3, 5)  Basic Tomp  Slow Tomp	urning p on 1, 3 urn on 1, Jump urning Cartwh	eel Bas	6 sic Jum	p (Ente	er on 5)		Jumped to the bear of music date  Check date
9	3 4	Turner Jumper Turner Jumper Turner Jumper Turner  Jumper Turner  Jumper Turner Jumper Turner		Bas	No Slow  2  No Sic Jump	(Jum Turni i o jum o (Jum	per Basic Juling	, 3) rn on 1	Basic Tomp (Jum rning (Tu Basic Tomp) , 3, 5)  Basic Tomp  Slow Tomp	Turning p on 1, 3 urn on 1, Jump urning Cartwh	Bas 4, 5, 7)	6 sic Jum Gras	p (Ente	er on 5)	3	Jumped to the bear of music date  Check date  Jumped to the bear





\*When ink jet printing, it may not be readable depending on the amount of ink remaining.









# STEP 3 FREESTYLE

		0		2	8		4	-	6	- 1	6	1	7	1	8
St	Jumper						Basic Jun	np (En	ter on 1)						
tart	Turner	Bas	ic Turn	ing		Slide			Ва	sic Tur	ning			Slide	
		0		2	3	i	4		6		6		7	i	8
2	Jumper			Knee	High Jump						Knee	High Ju	ump		
	Turner						Basi	c Turr	ning						
		0		2	3		4		6		6	i	0		8
2	Jumper	Crouch	Down	Jump		Pushup			Crouch	n Dowr	n Jump		Ва	sic Jum	р
<u> </u>	Turner						Slov	w Turr	ning						
		0		2	3	į	4	i	6	i	6		7	i	8
1	Jumper				F C		T								
	Turner				Easy C	Change <sup>-</sup>	rurners						ng		
		0		2	8		4		6		6		7		8
E	Jumper													Ва	sic Jump
<b>5</b>	Turner				ŀ	Rope ha	indoff wit	n jum	p					Bas	sic Turning
		0		2	8		4	i	6		6		7		8
	Jumper					D	ouble Sp	eed Jo	ogging St	ер					
O	Turner				Double Speed										
		0		2	8		4	i	6		6	- 1	0		8
7	Jumper			р	Crouch Down J				Fo	rward	Roll				sic Jump
	Turner	Basi	ic Turni	ing		U	pward Sl	ide (Tı	urn ropes	jumper'	s feet o	n 3, 8)	Ċ		
		0		2	3		4		6	i	6		7		8
0	Jumper														
8	Turner						3 pe	rson C	Chao						
		0	i	2	3	i	4	i	6	i	6	i	7	i	8
	Jumper					Ba		(Jump	on 1, 5,	7)					
9	Turner	Basic Turnii	ng		2 Ropes Si	multane	eous Turn	ing (U	p on 3, t	urn rop	es unde	r jumpe	r's feet c	n 5, 1 r	ope on 7)
		0		2	3	i	4	i	6	1	6	i	7	i	8
40	Jumper		sic Jum		Cartwheel (E	Exit)								Basic	Jump (Return on 8)
10	Turner						Bas	ic Turni	ing						
		0	i	2	3	i	4	i	6	i	6	i	7	i	8
44	Jumper				asic Jump (J									sic Jum	
	Turner	Bas	ic Turn			Cross					Bas	sic Turni			
		0	1		3	1	4		6	i	6	1	<b>7</b>	i	8
40	Jumper			The state of the s	Jump on 1, 3						Basic J				
<b>12</b>	Turner	Slow D				Double I	Jnder					sic Turr			
	ranici	5.5 5	30.300								50				

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

Check date

Jumped to the beat of music date



If there are any skills you do not know, learn them by watching the reference videos on the  $\ensuremath{\mathsf{JJRU}}$  Official website.

