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.
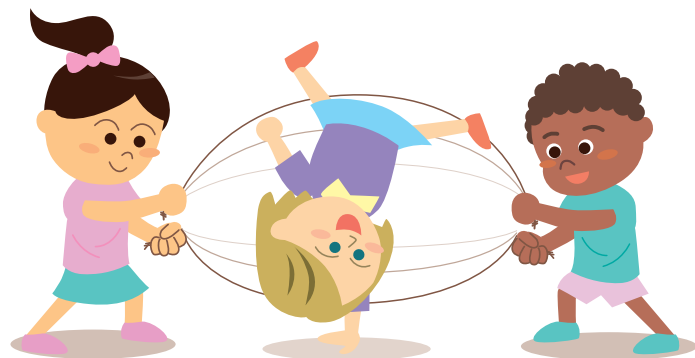
Target age

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 ❶ — 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 ❷ — 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!
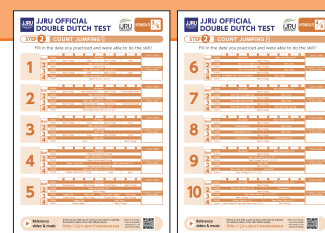
STEP ❸ — FREESTYLE

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!
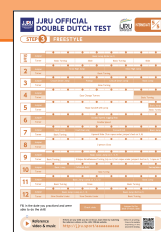
Reference video & music

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 (Basic 1x8 → Each skill 1x8 → Basic 1x8 → Each 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
Step skills	Double Speed Jogging Step			
	Floor Touch			
	Knee High Jump			
	Double Bounce Straddle Jump			
	Double Bounce Turn Straddle Jump			
Acrobatic skills	Grasshopper			
	Pushup			
	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			

▶ **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=PLn6SFcFVyXlEdh2FQ95lL1RlnaPOQcZrW

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JJRU OFFICIAL DOUBLE DUTCH TEST

JJRU JAPAN JUMP ROPE UNION

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INTERMEDIATE 3/5

STEP 2 — COUNT JUMPING 1

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

1

		①	②	③	④	⑤	⑥	⑦	⑧
Start	Jumper	No jumper							
	Turner	Basic Turning		Slide		Basic Turning		Slide	
2	Jumper	Basic Jump (Enter on 5)							
	Turner	Basic Turning							
3	Jumper	Basic Jump (Jump on 1, 2, 3, 5, 6, 7)							
	Turner	Basic Turning		Slide		Basic Turning		Slide	
4	Jumper	Basic Jump (Jump on 1, 3, 5, 7)							
	Turner	Slide (Turn on 1, 3, 5, 7)							

Check date

Jumped to the beat of music date

2

		①	②	③	④	⑤	⑥	⑦	⑧
Start	Jumper	No jumper							
	Turner	Basic Turning		Slow Double Under		Basic Turning		Slow Double Under	
2	Jumper	Basic Jump (Enter on 5)							
	Turner	Basic Turning							
3	Jumper	Basic Jump (Jump on 1, 2, 3, 5, 6, 7)							
	Turner	Basic Turning		Slow Double Under		Basic Turning		Slow Double Under	
4	Jumper	Basic Jump (Jump on 1, 3, 5, 7)							
	Turner	Slow Double Under (Turn on 1, 3, 5, 7)							

Check date

Jumped to the beat of music date

3

		①	②	③	④	⑤	⑥	⑦	⑧
Start	Jumper	No jumper							
	Turner	Basic Turning		Cross		Basic Turning		Cross	
2	Jumper	Basic Jump (Enter on 1)							
	Turner	Basic Turning							
3	Jumper	Basic Jump							
	Turner	Basic Turning		Cross		Basic Turning		Cross	
4	Jumper	Basic Jump							
	Turner	Cross					Basic Turning		

Check date

Jumped to the beat of music date

4

		①	②	③	④	⑤	⑥	⑦	⑧
Start	Jumper	No jumper							
	Turner	2 Ropes Synchronized Turning							
2	Jumper	Basic Jump (Jump on 1, 3, 5, 7)							
	Turner	2 Ropes Synchronized Turning							
3	Jumper	Basic 1 Jump Exit				Basic Jump enter on 7			
	Turner	2 Ropes Synchronized Turning							
4	Jumper	Basic Jump (Jump on 1, 2, 3, 5, 7, 8)							
	Turner	2 Ropes Synchronized Turning				1 rope		Basic	

Check date

Jumped to the beat of music date

5

		①	②	③	④	⑤	⑥	⑦	⑧
Start	Jumper	No jumper							
	Turner	Double Speed		Basic Turning		Double Speed		Basic Turning	
2	Jumper	Basic Jump (Enter on 5)							
	Turner	Basic Turning							
3	Jumper	Jogging Step		Basic Jump		Double Speed Jogging		Basic Jump	
	Turner	Double Speed		Basic Turning		Double Speed		Basic Turning	
4	Jumper	Jogging Step				Basic Jump			
	Turner	Double Speed				Basic Turning			

Check date

Jumped to the beat of music date

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INTERMEDIATE 4/5

STEP 2 — COUNT JUMPING 2

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

6

		1	2	3	4	5	6	7	8
Start	Jumper	No jumper					Basic Jump (Enter on 5)		
	Turner	Basic Turning							
2	Jumper	Floor Touch (Right hand)					Basic Jump		
	Turner	Basic Turning							
3	Jumper	Floor Touch (Left hand)					Basic Jump		
	Turner	Basic Turning							
4	Jumper	Floor Touch (Right hand)	Basic Jump	Floor Touch (Left hand)		Basic Jump			
	Turner	Basic Turning							

Check date

Jumped to the beat of music date

7

		1	2	3	4	5	6	7	8
Start	Jumper	No jumper					Basic Jump (Enter on 5)		
	Turner	Basic Turning							
2	Jumper	Knee High Jump (Right leg)					Basic Jump		
	Turner	Basic Turning							
3	Jumper	Knee High Jump (Left leg)					Basic Jump		
	Turner	Basic Turning							
4	Jumper	Knee High Jump (Right leg)					Knee High Jump (Left leg)		
	Turner	Basic Turning							

Check date

Jumped to the beat of music date

8

		1	2	3	4	5	6	7	8
Start	Jumper	No jumper					Basic Jump (Enter on 5)		
	Turner	Basic Turning							
2	Jumper	Double Bounce					Basic Jump		
	Turner	Basic Turning							
3	Jumper	Double Bounce Turn					Basic Jump		
	Turner	Basic Turning							
4	Jumper	Double Bounce					Double Bounce Turn		
	Turner	Basic Turning							

Check date

Jumped to the beat of music date

9

		1	2	3	4	5	6	7	8
Start	Jumper	No jumper					Basic Jump (Enter on 5)		
	Turner	Basic Turning							
2	Jumper	Basic Jump (Jump on 1, 3, 5, 7)							
	Turner	Slow Turning (Turn on 1, 3, 5, 7)							
3	Jumper	Basic Jump							
	Turner	Basic Turning							
4	Jumper	Basic Jump (Jump on 1, 3)				Cartwheel			
	Turner	Slow Turning (Turn on 1, 3, 5)							

Check date

Jumped to the beat of music date

10

		1	2	3	4	5	6	7	8
Start	Jumper	No jumper					Basic Jump (Enter on 5)		
	Turner	Basic Turning							
2	Jumper	Basic Jump (Jump on 1, 3)					Grasshopper		
	Turner	Slow Turning							
3	Jumper	Basic Jump (Jump on 1, 2, 3, 4, 5, 7)							
	Turner	Basic Turning					Slow Turning		
4	Jumper	Pushup (Jump on 1, 3)					Basic Jump (Jump on 5, 7)		
	Turner	Slow Turning (Turn rope under jumper's feet on 1, 3)					Slow Turning		

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/playlist?list=PLn6SFcFVyXlFDduhMpuHa0puoZCxvq5Od

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JJRU — JAPAN JUMP ROPE UNION

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INTERMEDIATE 5/5

STEP 3 | FREESTYLE

Start		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump (Enter on 1)							
	Turner	Basic Turning		Slide		Basic Turning		Slide	

2		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Knee High Jump				Knee High Jump			
	Turner	Basic Turning							

3		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Crouch Down Jump		Pushup		Crouch Down Jump		Basic Jump	
	Turner	Slow Turning							

4		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Easy Change Turners							
	Turner							Basic Turning	

5		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Rope handoff with jump							Basic Jump
	Turner								Basic Turning

6		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Double Speed Jogging Step							
	Turner	Double Speed							

7		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump		Crouch Down Jump	Forward Roll				Basic Jump
	Turner	Basic Turning		Upward Slide (Turn ropes under jumper's feet on 3, 8)					

8		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	3 person Chao							
	Turner								

9		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump (Jump on 1, 5, 7)							
	Turner	Basic Turning	2 Ropes Simultaneous Turning (Up on 3, turn ropes under jumper's feet on 5, 1 rope on 7)						

10		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump		Cartwheel (Exit)					Basic Jump (Return on 8)
	Turner	Basic Turning							

11		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump (Jump on 1, 3, 5)						Basic Jump	
	Turner	Basic Turning		Cross		Basic Turning			

12		❶	❷	❸	❹	❺	❻	❼	❽
	Jumper	Basic Jump (Jump on 1, 3)				Basic Jump (Exit on 1)			
	Turner	Slow Double Under		Slow Double Under		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**

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https://youtu.be/6Q3x-1NWarA

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