

SKIPPING ROPE

READ AND FILL THE BLANKS:

Skipping rope (British English) or Jump rope (American English) is the primary tool used in the game of skipping played by children and many young adults, where one or more participants jump over so that it passes under their feet and over their heads

Skipping may be used for cardiovascular workout, similar to jogging bicycling. This aerobic exercise can achieve a "burn rate" of up to 700 per hour of vigorous activity, Ten minutes of jumping rope is roughly the equivalent of running an eight-minute mile.

Jump rope is also considered a sport. Athletes compete in individual and team jump rope events using single ropes or double Dutch. In free style routines, jumper have a set time limit to demonstrate a combination of skills in four categories- footwork, strength, multiple unders and rope manipulations; in some competitions these are choreographed music.

There are **Three main**..... I see people make when they try to jump rope for the first time:

- Jumping reallyon each spin is not only exhausting, it is also MUCH harder on your joints because of the landing and more difficult to time because of the amount of time you spend in the air.
- Having too much movement during the exercise. If you extend your arms to your side away from your body, you are shortening the rope that makes it difficult to jump over.
- Jumping with the entire.....When you jump rope, try to softly jump up and down on the balls on your feet. Your heels should never touch the ground, which is one reason why jumping rope is a serious calves workout!



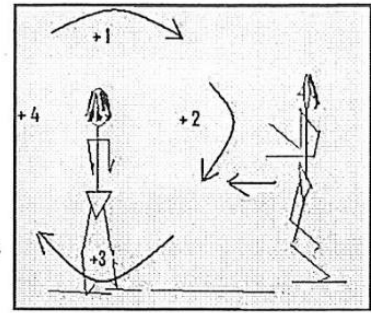
Jumping the short rope. Techniques

- Jump with feet together
- Hop on one foot. Alternate: 2 hops
- Move forward or backward while jumping.
- Jumping jacks
- Scissors: forward/backward stride position
- Skip, step_hop, schottisehe, cherkessiya, (other dance steps) while jumping.
- Turn while jumping: quarter, half, three-quarter, or full
- Crisscross: cross arms as rope passes under body, uncross as it passes overhead
- Double under: pass rope twice under the feet on a single jump

Jumping the long rope:

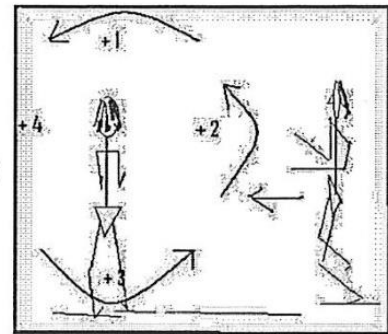
..... door:

Turn the long rope so that the rope hits the floor and travels away from the jumper. We should get into the middle of the rope without jumping when the rope touches the floor (point 3 of the picture)



..... door:

Turn the long rope so that as the rope hits the floor it travels toward the jumper. We should get into the middle of the rope when the rope passes the jumper's nose. (point 2 of the picture) We should go jumping.



DOUBLE DUTCH

- 1 . With ropes already turning, the jumper stands next to a turner and watches the rope in the turner's hand on the opposite side of the turner's body.
- 2 . The turner calls "Ready" the first time that rope passes the jumper's nose, "Set" the second time and "Go" the third time. The jumper enters on "Go." (BACK DOOR)
- 3 . The jumper takes one long step, lands on both feet in the middle of the ropes and keeps jumping with a single bounce.

