

Help Guides

Skipping Skills

Beginners - Bronze

Single Bounce: jump with both feet together

Double Bounce: jump the rope once, followed by a small rebound bounce. Two jumps to one turn.

Skier: feet together, small jumps from side to side.

Bell: feet together, small jumps forward and backwards.

Side Straddle: land with feet apart, then together.

Scissor Jump: land with one foot forward, then on the next jump switch feet.

Straddle Cross: land with feet crossed like an X, then apart in a straddle, then crossed again.

Side Swing: hold hands together in front of body and practise the motion of rowing a boat as you swing the rope to each side of your body.

Intermediate - Silver

Heel to Heel: dig heel out to the front, alternate with each jump.

Toe to Toe: tap toe behind by springing from foot to foot, alternate with each jump.

Heel-Toe: as above but alternate, 1. right heel, 2. right toe, 3. left heel, 4. left toe.

Criss Cross: cross your arms so elbows touch, hug yourself, ensure hands are clear to the side.

Twister: feet together, twist your feet from left to right.

Jogging Step: lift one foot at a time for each rope turn.

Wounded Duck: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out.

Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump.

180 Degree Turn: practise a side swing and follow the rope around until you are facing the opposite direction. Make sure hands are brought together as you make the turn. Arms need to be opened wide before you start skipping backwards.

Full Turn: jump bringing one foot forward, swivel towards back foot whilst bringing the rope down and up as you turn to make a full turn and jump again.

Advanced - Gold

Irish Fling: 1. foot to the side, 2. foot to the front, 3. lift foot below knee, 4. jump with feet together. Each move to one jump of the rope.

Up & Under (Pretzel): make sure you put the same arm under the same leg and swing both arms over your head.

Up & Under Cross: as above but with 'criss cross' arms. Practise criss cross arm skills before attempting to raise your leg. One arm should be over the leg and one under.

Double Under: start with single bounce, on the double take a higher jump and increase wrist speed so the rope passes under twice.

Can Can: 1. start with a normal bounce lifting one knee up, 2. knee down, bounce feet together, 3. kick leg straight forward, 4. bounce feet together. Each move to one jump of the rope. Repeat on the other leg.

Side Swing Cross: 1. side swing to the right, 2. cross right arm across body into 'criss cross', 3. side swing to the left, 4, cross left arm across body into 'criss cross'.

360 Turn: 1. jump turning the rope forward, 2. swing arms down and jump backwards making half a turn, 3. swing arms to jump forwards again.

Youtube: Basic Jump Rope Tricks with Lauren Matsumoto