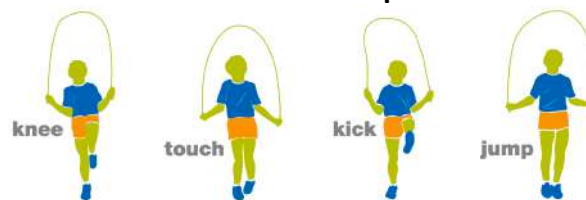
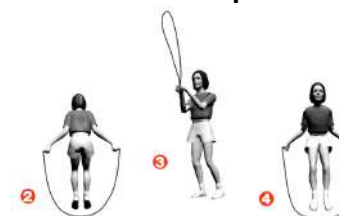


Scissors Jump (Straddle)

Stagger your feet so one is in front and the other in the back. Jump and have your feet switch places. Repeat Pattern.

Can Can Jump

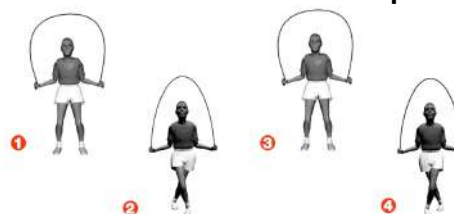
Jump with your feet together and bring one knee up high and land on one foot. Then, jump and land with both feet together. Then jump and kick that same leg out in front. Repeat the pattern on the opposite leg.

360 Jump

Turn your body during each swing of the rope eventually completing a full circle back to original location. (360) Continue pattern.

Wounded Duck (Wobble)

Jump over the rope and land with your toes and knees turned inward and your heels apart. Jump over the rope and land with your toes and knees turned outward and your knees apart.

Criss Cross Straddle Jump

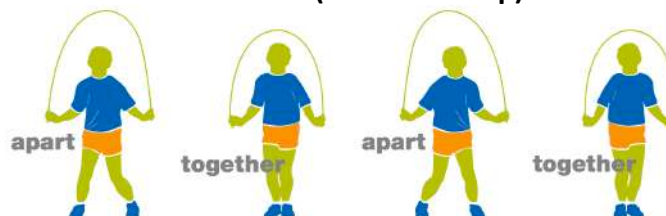
Jump over the rope and land with your feet spread shoulder-width apart. Jump over the rope and land with your right leg crossed in front of your leg. Jump over the rope and land with your feet spread apart again. Repeat pattern. Switch foot on cross motion each time.

Leg Side Swing

Jump over the rope and land on your right foot, swinging your right leg out in the air to your right. Jump over the rope and land on your right foot, swinging your left leg out in the air to your left.

Rocker Jump

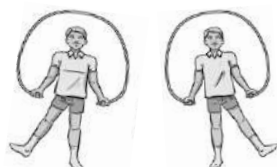
Keep one foot front and one foot back and use a back and forth rocking motion to jump over the rope. Start with the front, followed by the back. Maintain stance. Repeat.

In and Out (Straddle Jump)

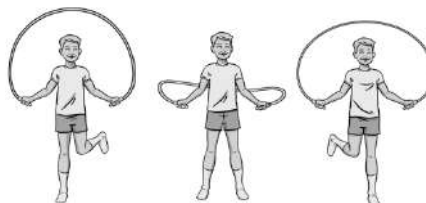
Jump and straddle your feet apart. Then, jump and bring your feet together. Repeat pattern. In, out, in, out.

Jogger Step Jump (Stationary)

Step over the rope and land on your right foot. On the next turn, step over, land on your left foot and continue as if you're jogging.

Pendulum Jump

Starting by standing on one foot and the other extended out, jump and switch places with your feet, landing on the other foot. Repeat.

Hopscotch Jump

With your feet together, jump and land on one foot. Then, jump and land on both feet. Then, jump and land on other foot, just as if you were moving through a hopscotch board. Repeat pattern.

Bell Jump (Front/Back Jump)

With your feet together, alternate jumping forward and backward. Repeat pattern.

Swing Kick

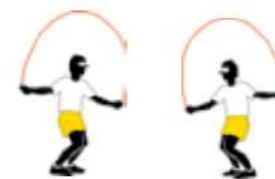
Jump over the rope, landing on your right foot, and swing your left foot back. Jump over the rope, landing on your right foot again, and kick your left foot forward.

One Foot Hop Jump (Right/Left)

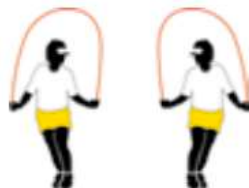
Start on one foot, either right or left and continually hop over the rope on each swing.

Frogger Jump (Folded Rope)

Fold the rope together, creating a shortened rope. On one side, you'll have both handles, while the other side doesn't. Stay low, crouch down and swing rope overhead. Like jumping with a hoop. Frogger.

Twister

With your feet together, jump and twist your lower body so your feet point to the right. Then jump again and twist your lower body so your feet point to the left. Repeat pattern.

Skier Jump (Side to Side)

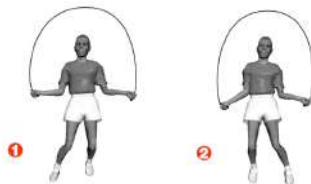
With your feet, together alternate jumping to the right and left, from side to side. Repeat this pattern. Right, left, right, left.

Jump Knee March

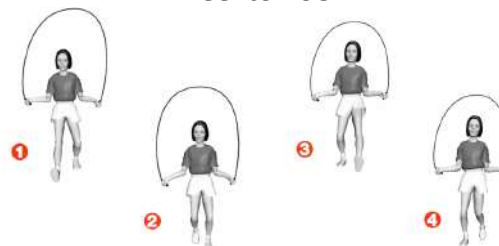
Jump with your feet together and bring one knee up high and land on one foot. Then, jump and land with both feet together. Then jump and bring the other knee up high and land on the opposite foot. Repeat pattern.

Toe to Toe

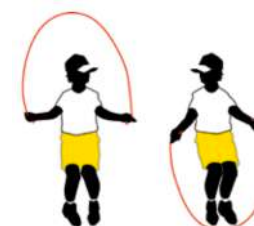
Jump over the rope and land on your left foot, touching your right toe to the floor about 6" to 12" in back. Jump over the rope and land on your right foot touching your left toe to the floor in back.

Side Toe Touch

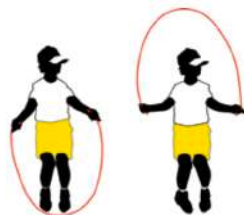
Jump over the rope and land on your left foot, touching your right toe to the floor 6" to 12" out to your right. Jump over the rope and land on your right foot, touching your left toe to the floor on your left.

Heel to Toe

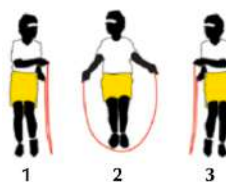
Start with feet slightly stagger, touch right heel, tap left foot. Switch on the next swing by touching left heel, tap right foot. Repeat pattern.

Double Unders (Double Spin)

Jump high with your feet together. Try to turn the rope over your head twice before you land with both feet together. Swing fast.

Regular Jump (Single/Double Bounce)

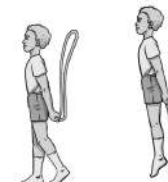
Stand Tall. Jump small. Land soft. Keep your elbows in. Find a good rhythm.

Side Swing Jumps

Use both hands to swing rope. Swing right, swing left, then swing center & jump over.

Jog/Run Jump

Like the jogger jump but instead of staying in one place you are jogging/running with the rope.

Backward Jump

Start with the rope in front of your feet and swing with a backward motion over your head.

Two in One Rope – Face to Face (Basic Partner Jump)



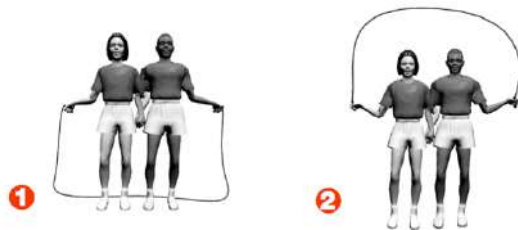
Facing your partner using one rope, rope holder swings rope over partner and both jump. Continue this pattern.

Two in One Rope – Face to Face (90° Turn Each Swing) Partner



Start facing partner, during each swing of the rope partner without the rope is turning 90° until back to the beginning. Repeat pattern.

Two in One Rope – Side by Side (Partner Jump)



Each person holds the end of the rope on outside hand and they both work together to turn the rope. Repeat pattern.

Jump Rope Resource Skill Guide via Ryan Armstrong @RArmstrongPE (Illustrations from Jarrod Robinson Jump It App, American Heart Association and others)