



JUMP ROPE TRICKS



BASIC

SINGLE BOUNCE
DOUBLE BOUNCE
BACKWARDS
HOP
SKIER
BELL
JOGGER
ROCKER

INTERMEDIATE

SKIP
FRONT STRADDLE
SIDE STRADDLE
STRADDLE CROSS
SINGLE SIDE SWING
DOUBLE SIDE SWING
CRISS CROSS

ADVANCED

180 + 360
TOE TO TOE
HEEL TO HEEL
SIDE CROSS SWING
COWBOY
DOUBLE UNDER
ELEVATOR
WOUNDED DUCK