

# Single Rope *Sizzle* Double Dutch **Extreme** by Rene Bibaud

## Jump Rope for Fun and Fitness Session Notes

These session notes will detail the fundamental skills required for successful rope skipping. Some intermediate skills are introduced to add variety or challenge students who develop a basic level of proficiency.

All skills covered in detail in Rene's NEW video:  
**COMPLETE FUNDAMENTALS OF ROPE JUMPING.**

Videos are available for order online at

[www.jumpropenet.com](http://www.jumpropenet.com)

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## Fundamentals

- Ready position: Rope behind you pulled tight by extending the rope out in front of you. Start here before doing anything.
- Swing and Catch: Arms go down toward the ground and around in circles by the side. (this will help develop arm coordination)
- Two foot basic jump: Start in ready position. Keep arms turning fast. Every time you jump up, the rope passes underneath your feet. Avoid the "double bounce" The better you get at the two foot basic jump, the easier everything else will be. To Improve- challenge students with the "Personal Best Contest."

## Single Rope Skills

To challenge students further, you can add any of the following four variables to any skill for more difficulty:  
**Cross, Double Under, Going Backwards, While Moving.**

### Footwork

Anything you can do jumping up and down, you can do with a single rope. Try skills without your rope (or with the new EZ Ropes) first, then add the rope. Keep that basic jump rhythm for all skills. Here are a few ideas:

Skier: Side to Side

Bell: Forward and Back

Side Straddles: Feet go apart then together like jumping jacks

Straddle X: Apart and then x – like jumping jacks with an "x"

Jogging step (practice jumping on one foot each first) Keep same rhythm of two foot basic jump

Swing kick: Two jumps on each foot. The non jumping foot swings back and front. Learn the jogging step first (intermediate)

High knees: Jump knee, jump knee

Can Can: Jump, knee, jump, kick. Repeat on other leg. Learn "High Knee" first (intermediate)

Rocker: Rock back and forth while doing the jogging step. Learn "Jogging Step" first.

### Arm Action

Cross – Make the letter X. Is the loop big enough to jump through?

Side Swing – Bringing the rope from side to side, up and down. One arm stays on top, and is the “lead arm”

Side Swing cross- Side swing then into a cross jump. Arms overlap one after the other

## **Rope Manipulations**

Walk a dog. Feel the tension, then pull it through and catch.

Kick and Catch – Hold one handle, with the same foot, “pin down your rope” – Switch hands,

## **Intermediate Skills**

Double under – jump once, spin the rope two times. Timing counts. Wait until the rope almost hits your feet before leaving jumping up and spinning your rope fast.

Pretzel – straddle your rope. Take back leg and bring its’ respective arm to the inside. Stand up and start turning your rope.

Full twist – It’s a side swing around in a circle.

Push Up – Four steps: Squat, Push up, Squat and up. Jump the rope on 1 and 4. Now try jumping on 1, 3 and 4.

## **Two People—One Rope Notes**

### **Two People—One Rope Fundamentals**

- Both jumpers face each other and hold the rope in mirroring hands
- The jumper on the left turns 90 degrees to face forward, holding the rope in her left hand. The jumper on the right holds the rope in her hand right and faces her partner.
- Put the rope behind the jumper on the left, and get the rope in ready position.  
(Ready Position, a single rope fundamental, refers to a position in which the rope is tightly extended behind the jumper).
- Communication is essential—before any movement with the rope, jumpers say “One, two ready go”
- Swing and Catch: Both jumpers hands move simultaneously. Swing the rope around the body of the jumper on the left. Catch the rope under the jumper’s feet.
- Basic Jump: Start in ready position. Count—“One, two ready go.” Keep the rope turning fast. Every time the jumper jumps, the rope goes under her feet. Both jumpers must turn the rope at the same time. The student on the left does not jump.
- Switch, allowing the student on the right to become the jumper, and the jumper on the left to turn.

### **Skills**

- **Jumping in and out of the rope**

-Jumpers face each other, holding the rope in mirroring hands and turn the rope in a forward direction

-Count—“One, two ready go”

-The jumper on the left enters the rope by turning 90 degrees, faces forward, and performs the basic jump

-To exit the rope, after jumping over the rope, the jumper steps back 90 degrees and faces her partner

-Repeat with the student on the right.

- **Alternating Jumpers**

-Jumpers alternate in and out of the rope, taking only one jump before exiting the rope.

-Jumpers should be conservative with their movements.

- **Both Jumpers Jump Simultaneously**

-Jumpers hold hands to stay close together, and hold the rope in their far hands

-Get into starting position

-Swing and Catch—the jumpers swing the rope and catch it under their feet

-Count—"One, two, ready go"

-Basic Jump

- **Full Twist**

-Jumpers face each other, holding the rope in mirroring hands and turn the rope in a forward direction

-The jumper on the left starts her turn by turning right, toward her partner

-Scoop the handle toward the floor and start to rotate. As the turn is completed, the jumper lifts her handle in the air and concludes the 360 degree turn.

-Repeat with the right jumper, turning to her left, toward her partner.

- **Front Cross**

-Start with the basic jump around the left jumper.

-The jumper crosses her left arm across her body as the turner crosses her right arm across the jumper's body, making a cross motion.

## Double Dutch Notes

### Pre-Double Dutch Activities

#### Step One

- Use one long rope. Turners hold the rope in mirroring hands.
- Hold the rope, raising it a few inches above the floor.
- The jumper stands next to the turner. Count "One, two, ready go" and then the jumper runs into and over the middle of the rope and then maintains a basic bounce.

#### Step Two

- Continue to hold the rope still.
- Jumpers run kitty-corner through the rope, running figure 8s around both turners, jumping once over the middle of the rope.

#### Step Three

- Turn the rope using the "back door" method.
- Count "One, two, ready go"
- The jumper runs into the middle of the rope and maintains a basic bounce

#### Step Four—Cat and Mouse

- Jumpers "chase" each other through the rope, running figure 8s around the turners, taking only one jump in the middle of the rope. The leading jumper, the "mouse," tries to avoid being tagged by the pursuing jumper, the "cat."

### Double Dutch Fundamentals

- The most important part of Double Dutch is the turning.
- Start with the ropes pulled tight between the turners. Turn small circles (draw circles with thumbs), and as the small loops begin, the turners walk toward each other until the ropes barely touch the ground. Keep an even rhythm and do not cross the arms over the center of the body.
- Jump in starting next to the turner. Each time the front rope (the rope closest to where the jumper is) hits the floor, count "one, two ready go." On go, the jumper takes a leading step and jumps into the center of the rope. Maintain a basic bounce, with high jumps, straight knees, and relaxed arms.
- To exit, jump out kitty-corner to the side the jumper entered on. Count "one, two, ready go" on the same rope as the jumper entered on, and on "go" jump over the rope and walk out by the turner's shoulder
- When using a student turner, ask the student to hold the ropes on their hips.

#### **Double Dutch**

The most important part of double dutch is your turning:

- Start with ropes pulled tight between you. Turn small circles, and as the small loops begin walk toward each other until the ropes barely touch the ground.
- Turn small circles. Draw circles with your thumbs.
- Don't cross over the center of your body. Keep an even rhythm.

To Jump in:

- Start next to your turner. When the back rope (opposite of where you are) hits the floor, step in time with it towards the center. Jump over the next rope. (lay-up motion)
- Jump the basic two foot basic jump as you did in single rope.

To get out of the ropes:

- Jump the opposite rope of the direction you are going.
- Walk out by the shoulder of your turner.

To add variety or difficulty:

- Jump in with a partner
- Try to jump a single rope inside
- Try a round off in, or cartwheel out
- Add fancy footwork or turn around.

Lead up skills:

- Cat and mouse with a back door rope (for timing)
- Practice jumping in to a long single rope going backdoor (for spacing and timing)

*Rene Bibaud is a five time world rope skipping champion and former artist and coach for Cirque Du Soleil. Her popular School Assembly Program entitled "My Life as a HOT DOG" profiles positive life choices with inspirational demonstrations and is performed across the United States October through June.*

*If you would like more information for on Rene's school assembly program, you can contact her at:*

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