

# THE MONARCH PATTERN



## PART 1

(Start with two feet next to the Chinese Jump Ropes)

1

**Jump In**

2

**Jump Out**

(on the other side)

3

**Jump In**

4

**Jump Home**

5

**Jump Turn &  
Straddle**

6

**Jump In**

(both feet)

7

**Jump Straddle**

8

**Jump On**

## PART 2