

# Double Dutch Skills

# EXHIBIT A

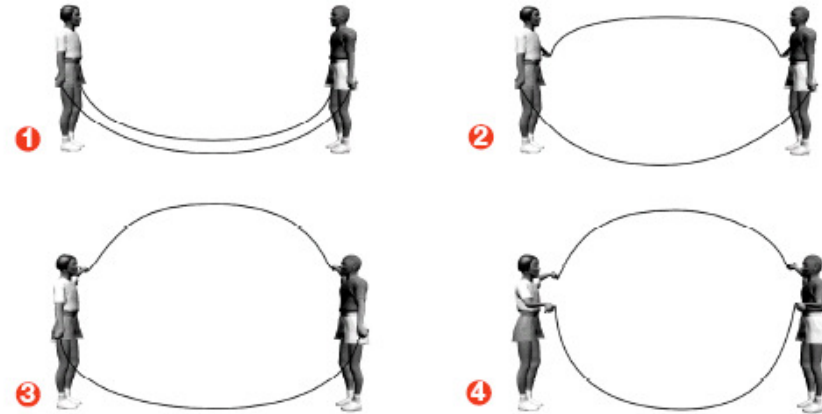
## 8 Double Dutch – Turning

Prerequisite: Single Long Rope – Turning

**cues:** lift • lift • one • two • one • two

6  
5  
4  
3  
2  
1

1. Two turners face each other and hold two 12- to 16-foot ropes down by their sides in the same position as in Single Long Rope – Turning.
2. Lift one rope out to side and up.
3. When the first rope reaches the “up” position, lift the second rope out and up in the opposite direction.
4. Continue turning and watch each other for one or more of the six common mistakes (see list below).



**tips:** See tips for Single Long Rope – Turning. • Keep a little tension on the ropes for control. • The ropes must hit the floor on every turn. • You may also use 7' to 10' single ropes to practice turning.

### Six Common Mistakes:

1. Turning too fast (caused by not lifting high enough and pulling the rope down instead of guiding it down).
2. Pulling back on the rope as it goes out to the side.
3. Reaching over the midline of the body.
4. Uneven beat.
5. Not making circles with one or both hands.
6. Leaning or moving in toward the middle, creating slack in the rope (may occur when jumper is added).

### Turning Test (to determine if any of the six mistakes are present):

1. Start the ropes turning.
2. On a signal, one turner brings both hands down to his or her sides at waist level and blocks them against his or her body to keep them from moving.
3. To pass the test, the other turner must keep the ropes turning, hitting the floor with a slow, steady beat and smooth loops, at least 30 times.

### Activities to practice while keeping the ropes turning:

- Side-to-Side: Turners move sideways in one direction, then the other.
- Back and Forth: One turner moves backward while the other moves forward, then reverse.
- Around the World: Turners move in a circle clockwise, then counter-clockwise.
- On Knees: One or both turners kneel down.
- Speed: Turners bring arms in close to the body and make small, fast circles to increase speed; turners open up arms and make large, slow circles to decrease speed.

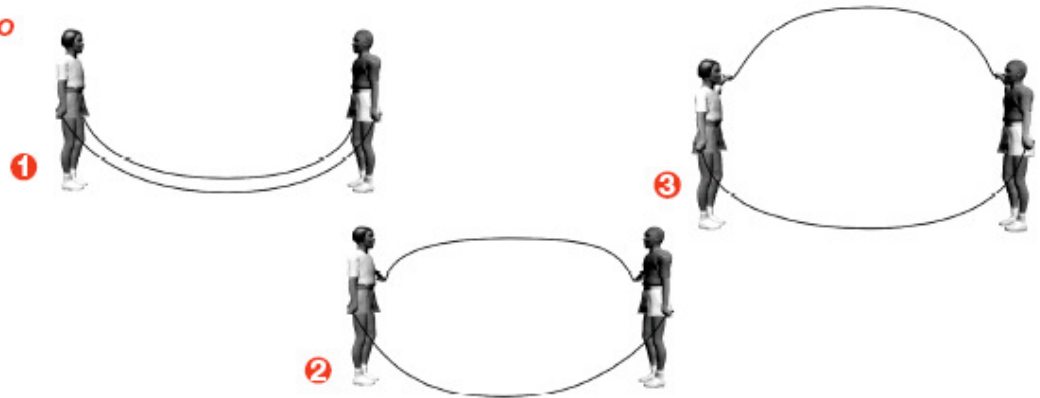
## 9 Double Dutch – Turning (Cold Start)

Prerequisite: Double Dutch – Turning

**cues:** ready • set • go • one • two • one • two

STEPS

1. Turners stand in Double Dutch starting position and decide which rope will start first.
2. One turner calls “Ready, Set, Go,” and the first rope starts on “Set.”
3. The second rope starts on “Go” while the first rope is in the “up” position.



**tips:** See tips for Double Dutch Turning. • Use different-colored ropes. • Turn the ropes only five or six times, then stop and start over. • Alternate which rope starts first. • Practice the cold start many times before adding a jumper.

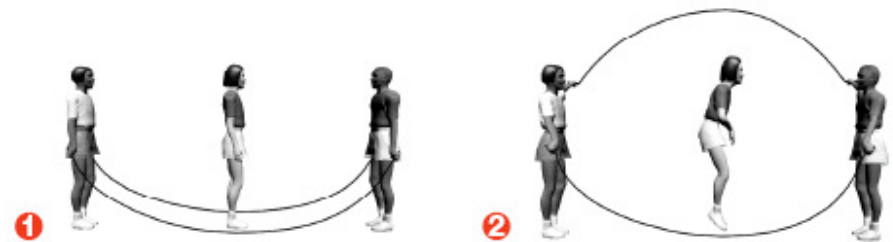
## 10 Double Dutch – Jumping (Cold Start)

Prerequisite: Double Dutch – Turning (Cold Start)

**cues:** ready • set • go • jump • jump

STEPS

1. The jumper stands in the middle of the ropes, facing a turner.
2. The turner calls out “Ready, Set, Go.” The jumper begins jumping with a single bounce on “Go.”



**tips:** The jumper should jump on both feet, keeping them together and landing on the balls of his or her feet. • The jumper only jumps about 2” off the ground. • The jumper should fold his or her hands across his or her stomach. The jumper should not do double bounces. • The turners should not try to “reach over” the jumper. The upswing momentum will carry the rope over. • Misses are usually a turner’s fault.

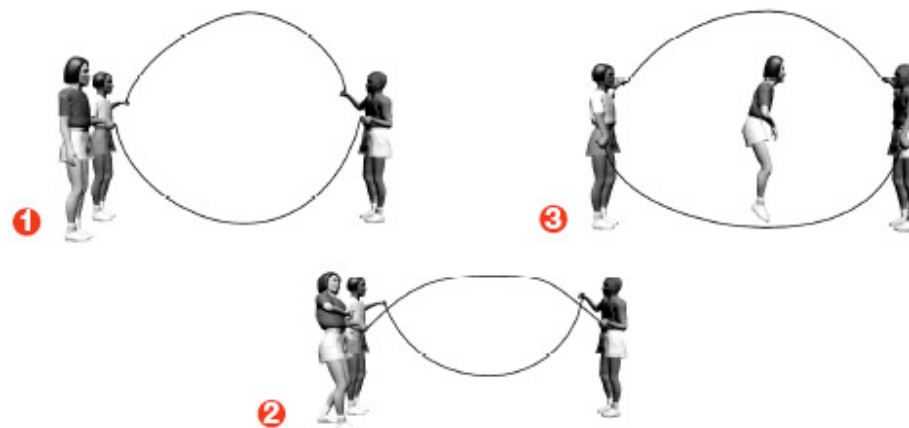
## 11 Double Dutch – Entering

Prerequisites: Single Long Rope – Entering, Double Dutch – Jumping (Cold Start)

**cues:** ready • set • go • jump • jump

STEPS

1. With ropes already turning, the jumper stands next to a turner and watches the rope in the turner's hand on the opposite side of the turner's body.
2. The turner calls "Ready" the first time that rope passes the jumper's nose, "Set" the second time and "Go" the third time. The jumper enters on "Go."
3. The jumper takes one long step, lands on both feet in the middle of the ropes and keeps jumping with a single bounce.



**tips:** See tips for Double Dutch – Jumping (Cold Start). • Learn the jumping skill and rhythm with a cold start before trying to enter and jump. • Mark the center of the ropes with tape or a line on the floor. • Watch only the opposite rope; ignore the nearer rope. • Use different-colored ropes. • Practice entering from either side and either end. • The turners must adjust to the jumper's speed. • Turn the ropes slowly to give the jumper more time to enter and jump successfully.

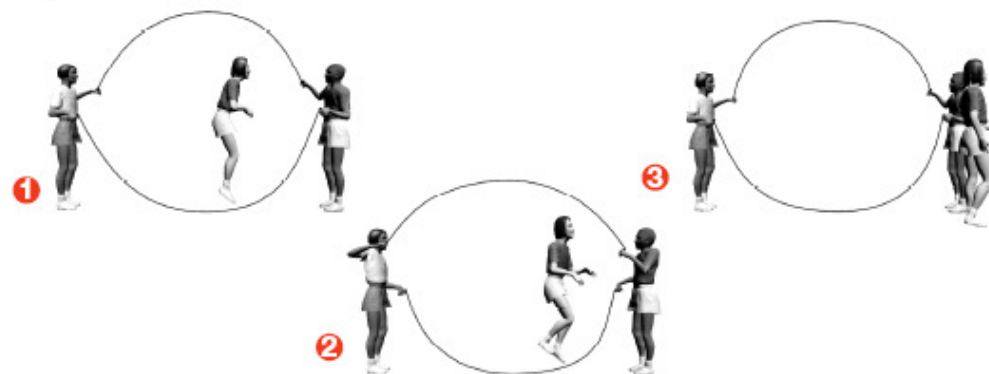
## 12 Double Dutch – Exiting

Prerequisite: Single Long Rope – Exiting

**cues:** ready • set • go (out)

STEPS

1. While jumping, the jumper moves closer to the turner on the exit end, determines on which side of the turner to exit, and watches the rope in the turner's hand on the opposite side.
2. On each turn of the opposite rope, the jumper calls "Ready, Set, Go" and exits on "Go" by jumping forward over the rope toward the exit.
3. The jumper lands on both feet and steps away from the turner and ropes.



**tips:** See tips for Single Long Rope – Exiting. • The exit must occur on the word "Go," not on the next jump. • The word "Out" may be substituted for the word "Go" when calling cues. • The exit jump may be a little higher than usual. • The turner can move slightly away from the jumper as he or she jumps out to help with the exit.

## 13 Double Dutch – Entering/Exiting Practice

Prerequisites: Double Dutch – Entering  
Double Dutch – Exiting

**cues:** ready • set • go • one • two • three • four • five (out)

STEPS

1. Enter the ropes from the first turner's left side and jump four times moving toward the second turner.
2. On the fifth jump, exit on the second turner's left side.



**tips:** Always jump out on the last count. • You may change the number of jumps between the entrance and exit. • Use an odd number of jumps to exit on the opposite side of your entrance and an even number of jumps to exit on the same side as your entrance.

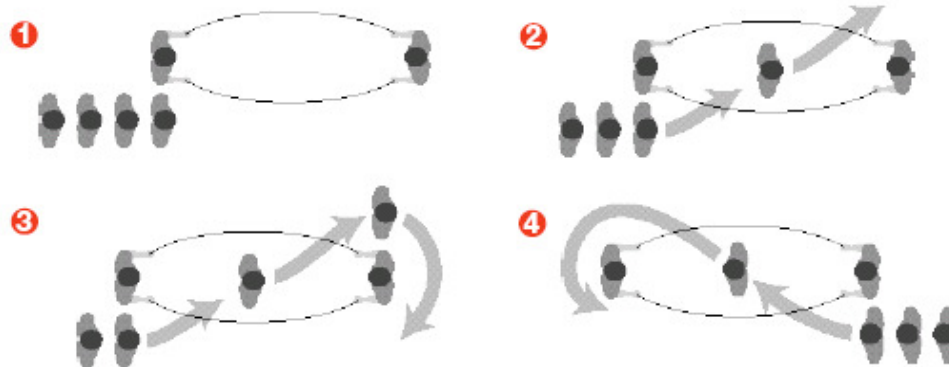
## 14 Double Dutch – Entering/Exiting Run Through

Prerequisites: Double Dutch – Entering,  
Double Dutch – Exiting

**cues:** ready • set • go • go • go (etc)

STEPS

1. Jumpers line up on the first turner's right side.
2. Jumpers enter, jump once and exit on the second turner's right side.
3. Jumpers walk around the back of the second turner and line up on the second turner's left side.
4. After all jumpers are through the ropes, all re-enter from the new line and keep jumping, creating a figure-eight pattern.



**tips:** Since the exit occurs immediately after the entrance, jumpers may leap through the ropes instead of jumping on both feet. • The second jumper enters as the first jumper exits, etc. • Turn the ropes slowly at first. As the jumpers improve, gradually increase speed. • Jumpers may also enter two or more at a time. • If a jumper gets caught in the ropes, the turners must immediately release the handles to avoid tripping the jumper.

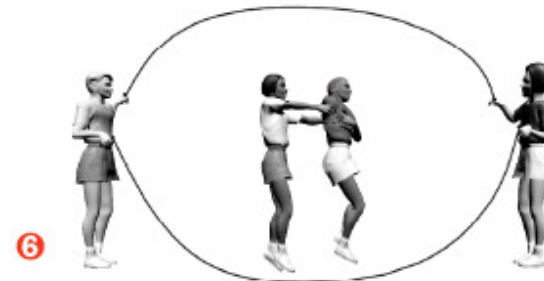
# 18 Double Dutch – Disco (Inside Wrap)

Prerequisite: Double Dutch – Jumping

**cues:** *ready • set • jump • jump • turn*  
*• reach over • unwrap • face partner*

**STEPS**

1. Without a rope, two partners face each other, lightly touching or holding hands.
2. Partner A brings his or her right hand across his or her body to the left side at shoulder level, turning partner B clockwise.
3. Partner A reaches over partner B's head as partner B turns toward the back. Partner A brings his or her hand back to right side.
4. Reverse steps 1–3 to unwrap.
5. Repeat steps 1–4. Both partners jump, using a single bounce, without ropes.
6. With ropes, repeat steps 1–5. Both partners jump, using a single bounce, inside Double Dutch ropes.



**tips:** The partners' hands should barely touch (don't grip hands tightly). • Partner A's hands should be on top, palms down. • Also practice bringing the left hand across and turning partner B clockwise.

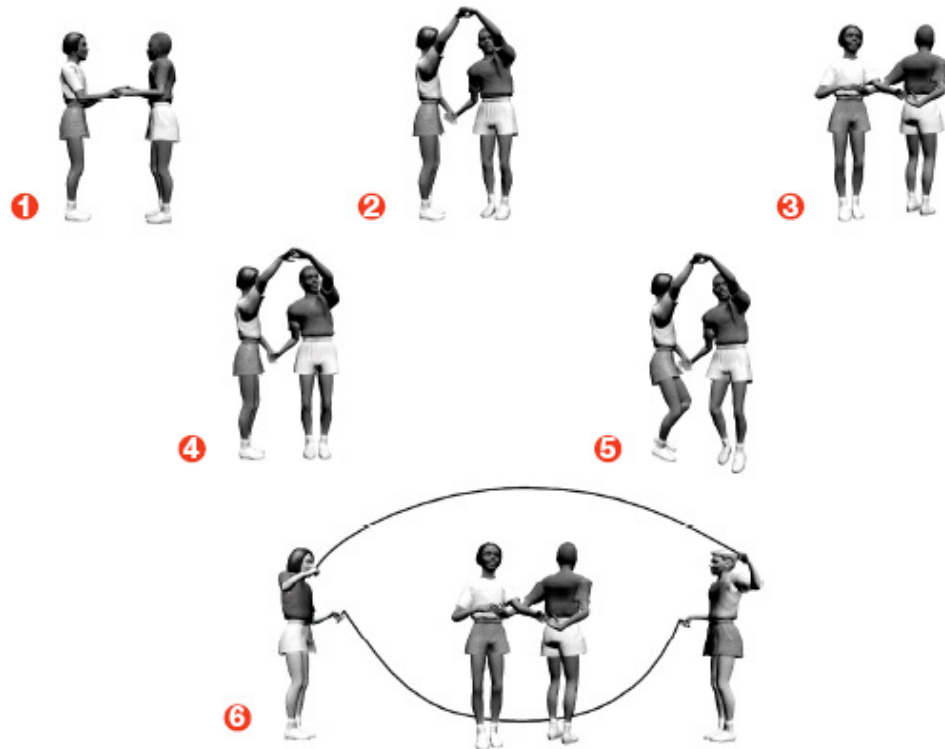
# 19 Double Dutch – Disco (Outside Wrap)

Prerequisite: Double Dutch – Jumping

**cues:** *ready • set • go • jump • jump • turn • reach over • unwrap • face partner*

## STEPS

1. Two partners face each other, lightly touching or holding hands.
2. Partner A keeps his or her left hand low and lifts the right hand up and out to the right side, turning partner B counter-clockwise.
3. Partner A reaches over partner B's head as partner B completes a 3/4-turn to the left. Partner A brings his or her right hand back down to his or her waist in front on the right side while turning 1/4 turn to right. Partner A's left hand comes up behind partner B's waist.
4. Reverse steps 1–3 to unwrap.
5. Repeat steps 1–4. Both partners jump, using a single bounce, without ropes.
6. Repeat steps 1–5. Both partners jump, using a single bounce, inside Double Dutch ropes.



**tips:** The partners' hands should barely touch (don't grip hands tightly). • Partner B's hands should be on top, palms down. • Also practice bringing the left hand up and out to the left side, turning partner B clockwise.

Thank you to the American Heart Association's Jump Rope for Heart Program [www.americanheart.org](http://www.americanheart.org) for the Double Dutch Skill information provided here.

