

INTRODUCTION TO JUMP ROPE AND BASIC SKILLS

Congratulations on your new jump rope! Did you know that rope skipping is one of the best overall physical activities for improving cardiovascular fitness, strengthening muscles, and increasing bone density? Learning skipping skills also develops coordination, agility and balance, which is why many high-performance athletes skip as part of their training. But the best part is, anyone can try it and have fun. So let’s get started!

STEP 1: Sizing Your Rope

Stand on your new rope with both feet together. Pull the handles of the rope up to your shoulders. The ends of the handles should reach the top of your shoulders. If it is too long, you can adjust the rope size by pushing the rope end out of the handle, trimming the rope and re-tying the knot.

STEP 2: Try Some Basic Jump Rope Skills

Challenge yourself to learn the basic jump rope skills. A great video resource is on the CanSkip website under Skill Videos ([**www.canskip.com/skill-videos.html**](http://www.canskip.com/skill-videos.html)).

**Basic Jumps (Level 1):**

**Playground Bounce:** a staggered foot skip where you alternate feet as you jump over the rope (as if you were running);

**Double Bounce:** a feet together skip where a mini-jump is added in between each jump over the rope;

**Single Bounce:** a feet together skip where the rope passes under the feet on each jump; and

**Backward Double Bounce:** same as the Double Bounce only swinging the rope from front to back.

STEP 3: Keep Practicing and Check Out These Links For Inspiration

Who knew there are so many cool tricks that can be done with just a simple jump rope!!!

* America’s Got Talent – Flight Crew Episode, [**https://youtu.be/A7v\_wN9BNyw**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FA7v_wN9BNyw&data=04%7C01%7C%7Cacf47568fac0431da7de08d8eaed8d6b%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637517653286096286%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=hTfjxj%2FN9x9m%2BebIkoWxm6VFaUBOYx1cwGlPGlkT8VI%3D&reserved=0)
* SkipTime Calgary Youtube channel, [**https://youtube.com/channel/UCq3S3tlO5gTFYagT0Rxov3Q**](https://youtube.com/channel/UCq3S3tlO5gTFYagT0Rxov3Q)
* Apple AirPods Pro Commercial, [**https://www.youtube.com/watch?v=BaLHthRsqQk**](https://www.youtube.com/watch?v=BaLHthRsqQk)
* Instagram – ***Learnintheropes*** (with Nick Woodward and Kaylee Faith)
* Instagram – ***Snorib*** (Tracy Boggs)