

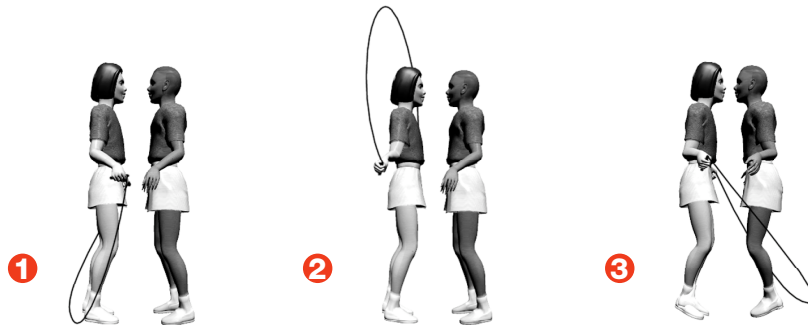
# 1 Two in One Rope — Face-to-Face (Basic Jump)

Prerequisite: Basic Jump with single rope

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

STEPS

1. Partners stand facing each other about 1' apart with one partner holding both rope handles.
2. The partner with the rope calls "Ready, Set, Go" and swings the rope up from behind on "Go." Both begin jumping in unison.
3. Partners continue to jump together with a single or double bounce.



**tips:** Use a rope that is 1' longer than your usual single rope. • Stay close together. • A double bounce is much easier for partners than a single bounce. • The partner with the rope should make larger arm circles than usual to include the other jumper.