**9 Double Dutch — Turning (Cold Start)**

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

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 Tuning. • 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)**

**Cues:** ready • set • go • jump • jump

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.