

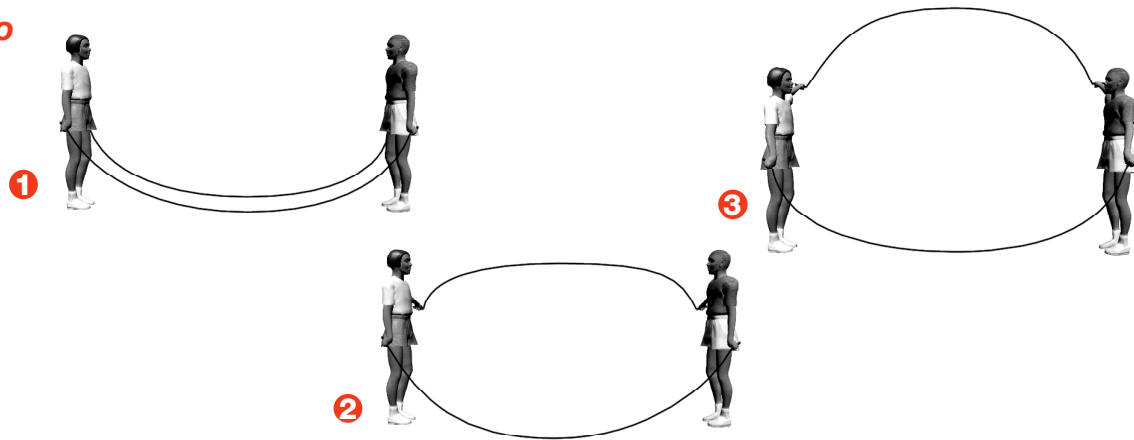
## 9 Double Dutch – Turning (Cold Start)

Prerequisite: Double Dutch – Turning

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

STUDY

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.