

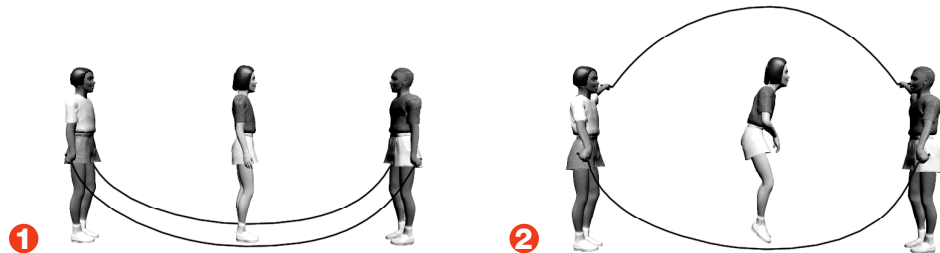
10 Double Dutch – Jumping (Cold Start)

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.