

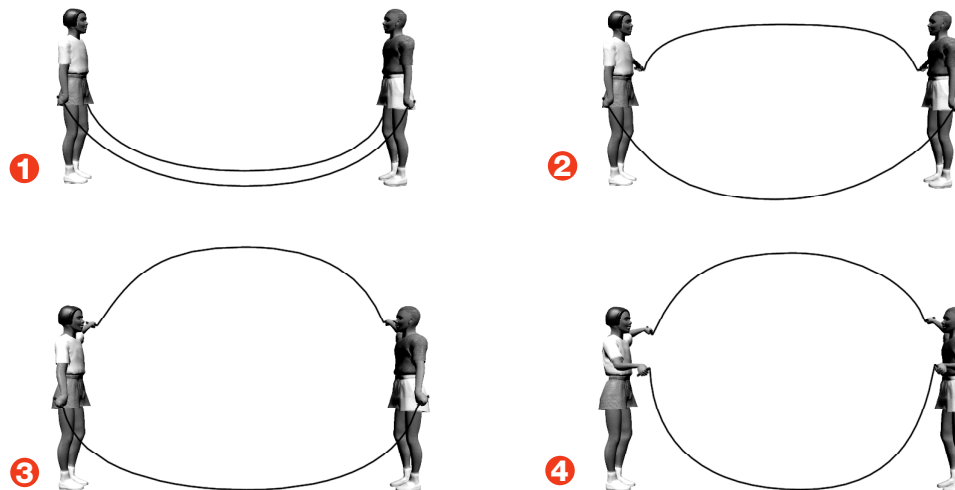
8 Double Dutch – Turning

Prerequisite: Single Long Rope – Turning

cues: *lift • lift • one • two • one • two*

STEPS

1. Two turners face each other and hold two 12- to 16-foot ropes down by their sides in the same position as in Single Long Rope – Turning.
2. Lift one rope out to side and up.
3. When the first rope reaches the “up” position, lift the second rope out and up in the opposite direction.
4. Continue turning and watch each other for one or more of the six common mistakes (see list below).



tips: See tips for Single Long Rope – Turning. • Keep a little tension on the ropes for control. • The ropes must hit the floor on every turn. • You may also use 7' to 10' single ropes to practice turning.

Six Common Mistakes:

1. Turning too fast (caused by not lifting high enough and pulling the rope down instead of guiding it down).
2. Pulling back on the rope as it goes out to the side.
3. Reaching over the midline of the body.
4. Uneven beat.
5. Not making circles with one or both hands.
6. Leaning or moving in toward the middle, creating slack in the rope (may occur when jumper is added).

Turning Test (to determine if any of the six mistakes are present):

1. Start the ropes turning.
2. On a signal, one turner brings both hands down to his or her sides at waist level and blocks them against his or her body to keep them from moving.
3. To pass the test, the other turner must keep the ropes turning, hitting the floor with a slow, steady beat and smooth loops, at least 30 times.

Activities to practice while keeping the ropes turning:

- Side-to-Side: Turners move sideways in one direction, then the other.
- Back and Forth: One turner moves backward while the other moves forward, then reverse.
- Around the World: Turners move in a circle clockwise, then counter-clockwise.
- On Knees: One or both turners kneel down.
- Speed: Turners bring arms in close to the body and make small, fast circles to increase speed; turners open up arms and make large, slow circles to decrease speed.