

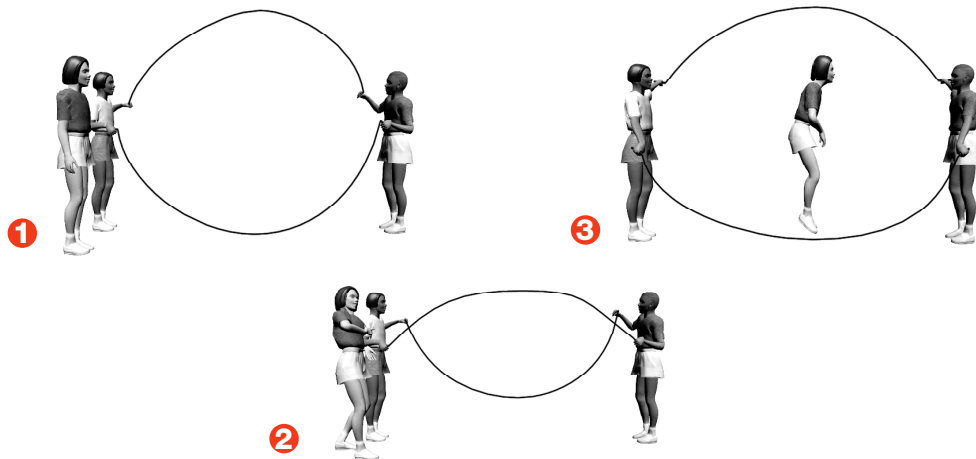
11 Double Dutch — Entering

Prerequisites: Single Long Rope — Entering, Double Dutch — Jumping (Cold Start)

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

STEPS

1. With ropes already turning, the jumper stands next to a turner and watches the rope in the turner's hand on the opposite side of the turner's body.
2. The turner calls "Ready" the first time that rope passes the jumper's nose, "Set" the second time and "Go" the third time. The jumper enters on "Go."
3. The jumper takes one long step, lands on both feet in the middle of the ropes and keeps jumping with a single bounce.



tips: See tips for Double Dutch — Jumping (Cold Start). • Learn the jumping skill and rhythm with a cold start before trying to enter and jump. • Mark the center of the ropes with tape or a line on the floor. • Watch only the opposite rope; ignore the nearer rope. • Use different-colored ropes. • Practice entering from either side and either end. • The turners must adjust to the jumper's speed. • Turn the ropes slowly to give the jumper more time to enter and jump successfully.