

# Chinese Jump Rope

**Rope :** Nine to twelve feet elastic band

Can be purchased

Can be made by tying the ends of waistband elastic to make a circle

## **Rope Holders:**

Both students stand inside and place the Chinese rope at ankles.

The holders should be far enough away from each other that the rope does not look like a wet noodle.

When two feet are used, they should be at least shoulder width apart.

## **Rope Heights:** Levels 1 – 4

Rope must begin at Level 1 = ankles

Rope does not move to Level 2 unless the correct pattern is completed.

Level 1 = ankles

Level 2 = calves

Level 3 = knees

Level 4 = mid-thigh

The rope is moved up to the next level if the jumper successfully completes the jump pattern.

If the jumper is not successful, the jumper is out and must give up his/her turn.

## **Switching Holders:**

Rope must be lowered to Level 1 – ankles before attempting to switch.

New holder stands inside the rope with legs wider than shoulders.

Current holder carefully removes one foot from the rope, then using this free foot, he steps on the rope to remove his second foot.

- Remember----always return the rope to level 1 before switching.

The following are a few games that can be found in the booklet by Larry Prentiss.

Chinese Jump Rope

MelAimee, Inc. 1998

## **AMERICANS**

Count: 1–2–3–4, in, out, in, on

1. Straddle
2. Straddle
3. Straddle
4. Straddle
5. In
6. Out
7. In
8. On

Straddle = one foot inside rope / one foot outside rope

Jumping movement is side-to-side.

If the right foot is inside rope, the left foot will be outside.

When the correct straddle jump has been completed, the jumper will have moved to his right side resulting in right=outside / left=inside.

In = jump landing with both feet inside rope

Out = jump landing with both feet on opposite sides of rope

“Out” Variation: jump landing with both feet apart while remaining inside the rope

On = jump landing with one foot on each rope  
(Penguin feet landing with toes pointing outward)

## **DIAMONDS**

Count: N-a-m-e or D-i-a-m-o-n-d-s, in, out, in, on

Each holder uses only one foot.

Jumper stands outside the rope and uses foot closest to the rope to form his diamond.

The diamond is formed when the jumper lifts the closest side up and over the far side.

Each jumper spells his name or diamonds while jumping and making a ½ turn inside the diamond.

Jumper should be facing the enders on each turn.

The final 4 jumps =

Together (inside the diamond)

Apart (inside the diamond)

Together (inside the diamond)

On (both feet jump up & out of the diamond to land on both ropes)

## **ICE CREAM CONES** (PIZZA SLICE)

Count: 1-2-3-4, in, out, in, on

Uses the same jumping pattern as the American; however, the jumper uses a zig-zag movement pattern.

Rope is held differently.

One holder = two feet

2<sup>nd</sup> holder = 1 foot

The rope forms a triangle (ice cream cone/pizza slice).

Jumper begins at the small end of the cone (by the 1 foot holder).

While doing the 4 straddle jumps, the jumper zig-zags from the bottom of the cone to the top so that when the final 4 jumps are completed, the ice cream/pizza toppings can be placed on the top.

Level 1 – 1 scoop of ice cream / 1 type of pizza topping

Level 2 – 2 scoops of ice cream / 2 types of pizza toppings

## **CHINESE**

Count: 1-2-3-4, in, out, criss-cross, on

1. Straddle

2. Straddle

3. Straddle

4. Straddle

5. In

6. Out

7. Criss-Cross

8. On

This game is similar to the game of Americans until jump #7.

For this jump, the jumper jumps up and crosses and uncrosses the feet.

(The rope is between the feet during the criss-cross)

Finally he jumps and lands with each foot on each rope