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Quality Used Van Sales

SKIPPING TECHNIQUES



Basic Bounce Step

Jump with feet together



Alternate Foot Step

Swing rope around and jump over with right foot. On 2:nd swing jump over with left foot



Skier's Jump

Jump a few inches to the right, then a few inches to the left. Alternate. Keep feet together and torso straight. Looks like a skier's slalom



Side Straddle

Begin with Basic Bounce Step. On 2nd swing jump with feet shoulder width apart. Alternate

CO-ORDINATION

ENDURANCE

BALANCE

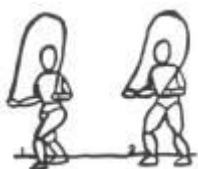
SPEED

FUN



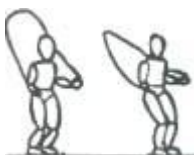
Full Twister

Bounce jump and twist lower body to the right. Jump and twist lower body to the left. Alternate



Forward Straddle

Jump with one foot forward in a straddle position. Alternate. Move feet only a few inches



Bell Jump

Jump a few inches forward, then a few inches back. Alternate. Looks like the clapper of a bell



Double Power Jump

Jump a little higher than Basic Bounce. Turn wrists quickly so rope turns twice in one hop. Focus straight ahead and keep torso relaxed for good form