

JUMP ROPE TRICKS



Basic

Single bounce

Double bounce

Backwards

Hop

Skier

Bell

Jogger

Rocker

Intermediate

Skip

Front straddle

Side straddle

Straddle cross

Side swing

Double side swing

Criss cross

Advanced

180 and 360

Toe to toe

Heel to heel

Side cross swing

Cowboy

Double under

Elevator

Wounded duck