



# JUMP ROPE FOR GOOD **LEARN SINGLE ROPE** STEP BY STEP GUIDE . CHALLENGE

*JRFG*

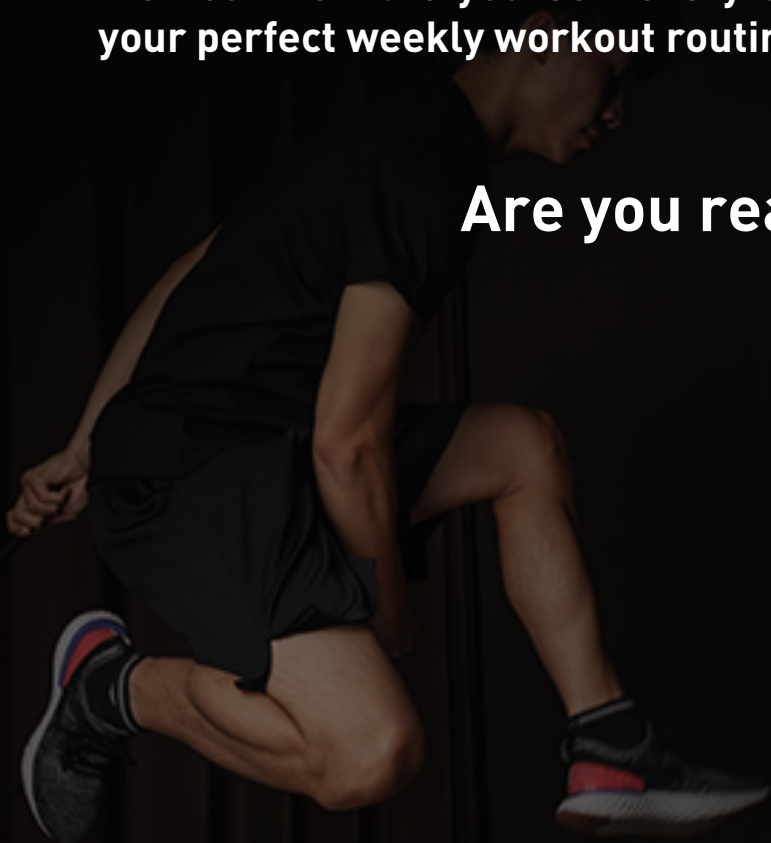
# JRFG

## SINGLE ROPE LEARNING

Many people may have taken jump rope as a purely recreational activity, yet it is becoming more recognized as a proper sport that requires physical exertion and skills. Researchers have pointed out that a 10-minute rope-jumping session is equivalent to a 30-minute jog, only incurring fewer impacts on our joints and lowering our chances of getting injured. Guess what? You can also burn more than 1000 calories a week if you do a 10-minute jump rope session twice a day! Apart from getting in shape, rope-jumping improves your blood circulation and cognitive functions that facilitate your whole-body development.

In this guide, you will be learning some basic single rope techniques with demonstrations provided on a step-by-step basis. We have designed different challenges for you to familiarize with the skills under a time-framed training method. Motivate yourself every day and this will become your perfect weekly workout routine.

**Are you ready?**



# A1

## A1 Starting Position

### New Skill

#### Terminology

#### Starting Position

#### Description

**Stand straight, put the rope at the back and hold your handles in front of your belly**



Starting Position



Starting Position  
3 Key Points



Starting Position  
3 Key Points  
Adjust Rope Length

# A2 Stepping Rope

## New Skill

### Terminology

### Stepping Rope

### Description

Turn the rope from starting position and stop the rope by a pulled toe.



1



2



1

Skill Consecutive



4

Skill Consecutive



8

Skill Consecutive

**A3**

# A3 Double Bounce

## New Skill

### Terminology

**DB**

### Description

**Jump and bounce in every revolution of the rope**



1



2

**4**

Skill Consecutive

**8**

Skill Consecutive

**32**

Skill Consecutive

**A4**

# A4 Single Bounce

## New Skill




Terminology

**SB/ Open**

Description

**Jump once in every revolution of the rope**

1

 <b>4</b> Skill Consecutive	 <b>8</b> Skill Consecutive	 <b>32</b> Skill Consecutive
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# A5 Single Bounce Consecutive

## Basic Skill Training

### Description

Finish as many consecutive Single Bounce as possible



1 5 Single Under Consecutive	2 10 Single Under Consecutive	3 15 Single Under Consecutive	4 20 Single Under Consecutive	5 25 Single Under Consecutive
6 30 Single Under Consecutive	7 35 Single Under Consecutive	8 40 Single Under Consecutive	9 45 Single Under Consecutive	10 50 Single Under Consecutive

★ 30 Single Under Consecutive	★★ 40 Single Under Consecutive	★★★ 50 Single Under Consecutive
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**A6**

# A6 Pace Change

## New Skill

### Terminology

**DB,SB,SB**

### Description

**Switch between Single Bounce and Double Bounce**

1



2



3



4

**4**

Skill Consecutive

**8**

Skill Consecutive

**32**

Skill Consecutive



# A7 Bar 1

## Routine Training

### Description

**Practice Bar 1 on beat**



Meter	1	2	3	4	5	6	7	8
Bar 1	DB		DB		SB	SB	SB	SB

**4**

Bar Consecutive

**8**

Bar Consecutive

**16**

Bar Consecutive

**A8**

# A8 Single Leg

## New Skill

### Terminology

### Left/Right

### Description

### Jump with a single foot



1



2



3



4

**4**

Skill Consecutive

**8**

Skill Consecutive

**32**

Skill Consecutive

# A9 Up-Knee-Down

## New Skill

### Terminology

Left, Down, Right, Down

### Description

Single Leg Jump and a single bounce, repeat on the other side



1



2



3



4



4

Skill Consecutive



8

Skill Consecutive



32

Skill Consecutive

# A10 Jogging

## New Skill

### Terminology

### Right, Left

### Description

Jump by left and right leg alternatively



1



2

**4**

Skill Consecutive

**8**

Skill Consecutive

**32**

Skill Consecutive

## Single Under Consecutive

### Consecutive Challenge

#### Video Link

<https://video.jrfg.org/jump-with-jrfg-challenge-1/>

#### Description

Finish as many consecutive Single Bounce as possible



1 10 Single Under Consecutive	2 20 Single Under Consecutive	3 30 Single Under Consecutive	4 40 Single Under Consecutive	5 50 Single Under Consecutive
6 60 Single Under Consecutive	7 70 Single Under Consecutive	8 80 Single Under Consecutive	9 90 Single Under Consecutive	10 100 Single Under Consecutive
11 120 Single Under Consecutive	12 140 Single Under Consecutive	13 160 Single Under Consecutive	14 180 Single Under Consecutive	15 200 Single Under Consecutive
16 250 Single Under Consecutive	17 300 Single Under Consecutive	18 350 Single Under Consecutive	19 400 Single Under Consecutive	20 500 Single Under Consecutive

## Jogging Consecutive

### Consecutive Challenge

#### Video Link

<https://video.jrfg.org/jump-with-jrfg-challenge-2/>



#### Description

Finish as many consecutive Jogging as possible

<b>1</b> <b>5</b> Jogging Consecutive	<b>2</b> <b>10</b> Jogging Consecutive	<b>3</b> <b>15</b> Jogging Consecutive	<b>4</b> <b>20</b> Jogging Consecutive	<b>5</b> <b>25</b> Jogging Consecutive
<b>6</b> <b>30</b> Jogging Consecutive	<b>7</b> <b>35</b> Jogging Consecutive	<b>8</b> <b>40</b> Jogging Consecutive	<b>9</b> <b>45</b> Jogging Consecutive	<b>10</b> <b>50</b> Jogging Consecutive
<b>11</b> <b>60</b> Jogging Consecutive	<b>12</b> <b>70</b> Jogging Consecutive	<b>13</b> <b>80</b> Jogging Consecutive	<b>14</b> <b>90</b> Jogging Consecutive	<b>15</b> <b>100</b> Jogging Consecutive
<b>16</b> <b>125</b> Jogging Consecutive	<b>17</b> <b>150</b> Jogging Consecutive	<b>18</b> <b>175</b> Jogging Consecutive	<b>19</b> <b>200</b> Jogging Consecutive	<b>20</b> <b>250</b> Jogging Consecutive

# Challenge



## 30s Single Rope Speed

30 Seconds Challenge

Video Link

<https://video.jrfg.org/jump-with-jrfg-challenge-3/>

Description



Finish as many Jogging as possible in 30 Seconds

1 1 Count	2 3 Counts	3 5 Counts	4 7 Counts	5 9 Counts
6 11 Counts	7 13 Counts	8 15 Counts	9 17 Counts	10 19 Counts
11 21 Counts	12 23 Counts	13 25 Counts	14 27 Counts	15 29 Counts
16 31 Counts	17 33 Counts	18 35 Counts	19 37 Counts	20 39 Counts
21 41 Counts	22 43 Counts	23 45 Counts	24 47 Counts	25 49 Counts
26 51 Counts	27 53 Counts	28 55 Counts	29 57 Counts	30 59 Counts



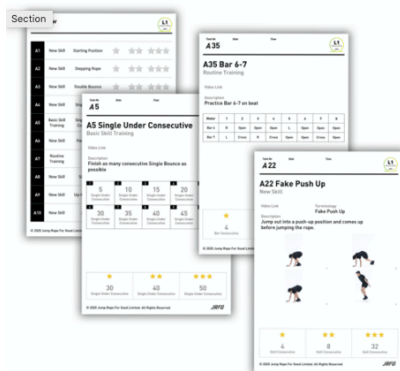
# Want More?

If you are reading this, you have probably mastered all the techniques in this guide.  
Are you feeling refreshed? Do you wish to go in deeper and learn more about jump rope?

If yes, you are on the right page. JRFG is now offering some new programmes for you and your friends to join together. We are here to provide you the best possible jump rope training that set you apart from others. You will learn to master more tricks or to create some of your exclusive sets as well! Jump out of your comfort zone and start your everyday rope challenge with us. Make sure you don't miss any of these!

## JRFG Level 1 Single Rope Training Programme

JRFG L1 Single Rope Training Programme is designed to introduce jump rope as an all-rounded and effective sport. Gamification of learning is adopted to help students learn over 20 different jump rope skills, including Double Under, Side Swing, Criss Cross, Footwork progressively.



學習花式跳繩由 50 個任務及 10 個挑戰開始

個人繩技巧（一級）課程以遊戲化學習的形式設計，目的幫助學生由淺入深掌握花式跳繩的基本技巧。

訓練手冊內附有 50 個任務( A1-50 ) 及 10 項挑戰，藉由完成任務過關。學生可以按照任務內的指示學習超過 20 個花式，包括側擺跳，交叉跳，單車步，肯肯跳，假掌上壓等等。

詳情: <https://bit.ly/2XcB8tY>



任務過清晰學習內容及任務過關標準

每個任務都附有 3 個過關標準 (1-star, 2-star, 3-star)，讓學生可以在同一任務裡，按自己能力和進度提升自己目標和熟練程度。訓練手冊能讓學生按照自己的步伐學習，不會以傳統課堂將所有學生視為相同程度來教學，提升學生自主學習能力。訓練手冊內也提供 QR Code 連結示範短片給學生自學，方便且提升學習效率。



詳情: <https://bit.ly/2XcB8tY>

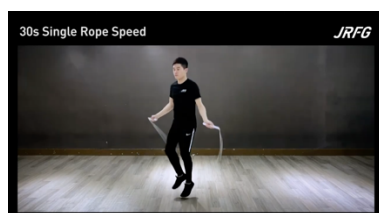
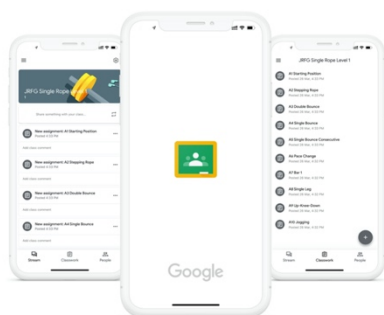




### 國際機構認可課程

**JRFG Single Rope Technical Examination Certification (SRTE) Level 1-3** 為美國國家體育醫學學會(NASM)及美國運動體適能協會(AFAA)的認可課程。JRFG 個人繩技巧(一級)訓練手冊是此證書課程的教材之一。學生完成個人繩技巧(一級)訓練手冊後，可考慮報考 **JRFG SRTE Level 1** 個人繩技巧證書。

詳情: <https://learn.jrfg.org/>



### Google Classroom 提供教學影片

個人繩技巧(一級)訓練將於 4 月 1 日在 **Google Classroom** 上線，學生在購買相關課程後能在網上教室 **Google Classroom** 內觀看由我們專業跳繩教練親身錄製的教學影片，猶如真實課堂一樣，逐步跟從教練學習 **JRFG** 個人繩技巧(一級)訓練手冊內的個人繩花式及基本技巧，完成 50 個學習任務。相對於只從訓練手冊提供的示範短片自學，線上課堂更能增加學習效率和效能。學生亦可以在 **Google classroom** 無限次倒帶重覆觀看我們的教學影片，就算有不同個人學習模式和習慣的學生都能從線上課堂有效地學習。而家長亦可與子女一同在家上課，從旁指導子女，增加親子互動。

詳情: <https://bit.ly/347vrPs>



### 教練在綫支援

除了單向的課堂學習，適時的學習回饋都十分重要，能夠深化技巧，進一步幫助學生進步。我們的教練團隊支援 **WhatsApp** 及 **Zoom** 在線專業指導。如果學生在練習花式遇上問題，我們可提供在綫支援。教練團隊已準備在 **WhatsApp** 解答動作疑難及協助學生進度，學生可將動作影片或問題發上我們教練專線，教練便會提供意見，促進學生學習。學生亦可以報讀 **JRFG** 一對一資深教練 **Zoom 45 分鐘進階指導課程**，每星期 1 節。教練會在 **Zoom** 網上視像平臺實時授課，即時協助學生解決練習上的疑難，並觀察學生在練習上的問題，馬上幫助他們作出改進。學生能自行與教練預約上課時間，方便且有彈性，在疫情肆虐下繼續保持運動提升免疫力。



**WhatsApp** 指導詳情: <https://bit.ly/39GTBl2>

**Zoom** 指導詳情: <https://bit.ly/2UDwYcV>



### 銜接技術考核考試證書課程

個人繩技巧(一級)訓練手冊內容銜接兩個具正面影響和公平的技術考核證書考試 (1) **JRFG Single Rope Technical Examination Certification (SRTE) Level 1**，(2) 新世界花式跳繩章級計劃銅章證書。這兩個技術考核證書是一個系統化的考核，務求全方位評估考生的能力，有如跳繩界的皇家音樂學院考試。成功通過技術考核而獲頒的證書是對考生跳繩技功的肯定和認可。**JRFG** 有提供 **Exam Guide** 考核手冊，內有 20 組模擬考試題目及評分表，讓學生清楚了解考試內容，考試時更得心應手。



詳情: <https://bit.ly/2X67q2o>



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## About Jump Rope For Good

At Jump Rope For Good (JRFG) we are enthusiastic about jumping rope. We are passionate about ensuring sustainable development of Jump Rope enthusiasts.

Our primary aim is to offer a rewarding experience for rope skippers. To further expand jump rope to a larger scale, we have been working closely with professional and experienced institutions, aiming to bring more challenging yet effective events to our skippers in the near future.

Whether you are a beginner or an expert in jump rope, we are confident that joining us here in Jump Rope For Good will definitely help you achieve your goals in an orderly manner. Discover a distinct you - with only a jump rope.

## L1 Single Rope Learning Guide

Our L1 Single Rope Learning Guide is designed to introduce jump rope as an easy-to-learn and effective sport. To enable you to unleash your potentials in jump rope, we have designed step-by-step learning materials with demonstrations performing fundamental jump rope techniques by employing a game-based training method. We aspire to offer you a rewarding learning experience through the training course and a standardized assessment scheme.

Our L1 course is the fundamental course of many others to follow (L2, L3). L1 will provide you a base of knowledge essential for further pursuits in rope-jumping.

### Learning outcomes

From this learning guide you can expect a well-rounded structure enabling you to:

- Identify terminologies and abbreviations for L1 jump rope techniques and call-outs.
- Perform and teach fundamental jump rope techniques including footwork, arm work, skill combinations.
- Employ Qualitative and Quantitative Training Methodologies to design training programs and create training log sheets.
- Employ Time-framed Training to increase proficiency and develop excellent basic skills with soundtracks provided.
- Use a standardized and clear assessment scheme to assess your proficiency of L1 techniques
- Participate and get qualified for L1 Skill Assessment.

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[jrfg.org](https://jrfg.org)