

Fitness Unit

Fundamentals of Jumping Rope

The foundation of any jump rope program consist of Posture, Biomechanics, Shadow Jumping, and learning two basic techniques - the Basic Jump and the Alternate Foot Step.

1. Posture of Jumping Rope

1. Stand - Comfortable Position

Head straight

Shoulders square

Balance with weight on the balls of feet

2. Leg Position - Feet shoulder width apart, a few feet apart

3. Arms – Close and relaxed at your sides.

2. Biomechanics of Jumping Rope

There are 3 Phases - Low Phase, Flight Phase, and Landing Phase

1. Low Phase – Coordination and body awareness

Balance weight on balls of your feet

Control the jump, jump only as high to clear your feet off the floor (about 1” off the floor).

2. Flight Phase – Consists of muscular contractions that propel the body high enough to clear the rope with each jump.

3. Landing Phase – Regardless which technique you use, the basic jump or the alternate foot step, during the Low Phase or Flight Phase, the key is to land lightly on the balls of your feet. Use your hips, knees, ankles, and feet to reduce the chance of injury.

3. Shadow Jumping - Prepare the body for the actual Jump.

Practice the basic biomechanics of the jump combined with the circle motion of the rope. This helps you to develop the timing and rhythm for jumping.

1. How to perform the Basic Jump

1. Grab the rope with thumb and index finger with a comfortable grip.
2. Rest the rope behind your knees. (Starting Position)
3. Practice swinging the rope with a nice even arch with the correct jump rope posture.
4. Coordinate the rope swing with the jump.
5. Make small circles with the wrist.
6. Jump high enough to clear the rope.
7. Land lightly on the balls of your feet.

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- 8. Develop the timing and rhythm.**
- 9. Once you develop the timing and the rhythm, repeat the perfect jump twice. Make small circles with the wrist, looking straight ahead, landing lightly on the balls of your feet.**
- 10. Repeat the repetition to a count of 8. (8x = 1 Set).**

The key points for the Basic Jump:

- 1. Head straight.**
- 2. Look straight ahead.**
- 3. Arms close to the side.**
- 4. Make small circles with the wrist.**
- 5. Bounce lightly on the balls of your feet.**

2. How to perform the Alternate Foot Step

- 1. Rest the rope behind your knees (Starting Position).**
- 2. Lift the left leg up, hop on the right foot and land on the left foot.**
- 3. Coordinate the ropes through with 1 jump (1 jump land on the left foot).**
- 4. Land lightly on the balls of your feet.**
- 5. One jump, develop the timing and rhythm and do one, then lift the right leg and hop onto the left foot = Alternate Foot Step.**
- 6. Add on 2 sets = 2 repetitions (reps).**
- 7. Add on 4 sets = 4 reps.**
- 8. Once you get the timing and rhythm, work up to 8 sets (8 reps).**

The key points for the Alternate Foot Step:

- 1. Head straight.**
- 2. Look straight ahead.**
- 3. Arms close to the side.**
- 4. Lifting legs up at right angles.**
- 5. Landing lightly on the balls of your feet.**
- 6. Jump, jump, jump and be light on your feet.**