



Practical Document

skip-hop

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The Silver Award Skips

The following ten skips are to be completed to the satisfaction of the assessor, i.e. as stipulated in the description accompanying the skip. Once completed, the skipper can attempt the link.

1. the skip: **rodeo** (see Individual Skipping trick 20)

description: left leg through rope, left arm round the back of the head until it is in front and step right leg out of the rope and repeat

stipulations: five completions of the move without misses using right arm, 5 completions of the move using left arm

tips: go slowly, keep the arm that's moving as parallel to the floor as possible and straight where possible

speed: n/a

note: rope can come in to contact with legs as long as it does not cause the skipper to stop all together

2. the skip: **cyclone** (see Individual Skipping trick 22)

description: rope goes round the head, followed by a rodeo and then rope goes under the left foot, then the right foot, followed by rodeo and finished by going round the head with the rope as at the beginning

stipulations: five completions of the move without misses

tips: n/a

speed: n/a

note: skipper can choose which direction they turn the rope and therefore, which leg goes through the rope first

3. the skip: **coil** (see Individual Skipping trick 23)

description: wrapping rope onto skipper's arm and unwrapping rope from skipper's arm

stipulations: three completions of the move without misses

tips: skipper must make sure their arm stays parallel with the floor when wrapping rope around it. Slow is the key and it is recommended that the skipper wraps the rope around their arm no more than four times and no less than two

speed: n/a

note: the move is finished when skipper ends up facing the same way as when they started. Skipper can do as many forward skips to begin with to establish rhythm and get comfortable

4. the skip: **crossover** (see Individual Skipping trick 13)

description: crossing and uncrossing of the arms

stipulations: arms must alternate between left over right and right over left. Ten completions of the move alternating left over right and right over left

tips: keep arms low and wide

speed: double or single bounce

note: skipper can do a normal forward skip in between each crossover but no more than two consecutive skips

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5. the skip: side swing x (see Individual Skipping trick 16)

description: side swing followed immediately by crossover

stipulations: five side swing crossovers to the left and five to the right, with no misses

tips: go slowly

speed: double or single

note: skipper can do a normal forward skip in between each side swing crossover if they prefer but no more than two consecutive skips

6. the skip: continuous crossover (see Individual Skipping trick 17)

description: crossing the arms and keeping them crossed

stipulations: 50 complete turns of the rope with no misses

tips: double bounce is recommended; keep arms low and wide; hold handles at the ends for more clearance

speed: double or single bounce

note: skipper can do as many normal skips prior to doing the first crossover as they like. Once the first crossover has been completed, they have officially begun the move

7. the skip: cross cross (see Individual Skipping trick 15)

description: crossover followed by another crossover but with arms crossed the other way - i.e, left over right and then right over left with no normal skip in between. Skipper is allowed to do no more than two normal skips in between each cross cross

stipulations: five consecutive completions of the move

tips: slow is key

speed: single or double bounce but double bounce is recommended

note: skipper can do as many normal forward skips as they wish to establish rhythm and get comfortable

8. the skip: ww kicks (see Individual Skipping trick 35)

description: raise one leg to the side and click heels together. On the next turn of the rope, land with both feet

stipulations: skipper must complete five ww kicks on the left leg and five on the right without misses

tips: n/a

speed: single bounce

note: skipper can do as many normal forward skips to establish rhythm and get comfortable before starting the actual skip

9. the skip: can can (see Individual Skipping trick 29)

description: up, down, kick, down, up, down, kick, down, up, down, kick, down...

stipulations: alternate legs must be employed - ten can cans on one leg, ten on the other with no normal skips in between

tips: practice the move without the rope first

speed: double or single bounce

note: skipper can do as many normal forward skips to establish rhythm and get comfortable before

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starting the actual skip

10. the skip: frog can can (see Individual Skipping trick 30)

description: up, kick to the side, down, up, kick to the side, down...

stipulations: 10 frog can cans on the left leg, 10 frog can cans on the right leg with no misses

tips: don't over stretch when kicking as it's a fairly small movement

speed: single bounce

note: leg that kicks to the side does not come into contact with the floor. Skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning

The Link

the link: seven of the 10 skips

stipulations: must include: side swing X (minimum of two side swing crosses, one to the left, one to the right), cross cross (minimum of two cross crosses), can can (minimum of two can cans, left leg and right leg). Skippers can start and finish with normal forward and backward skipping

speed: single or double bounce

tips: linking together crossover based skips can help with the flow of the routine. Likewise, skips based on leg movements (can cans, frog can cans etc.) will also help with continuity

note: skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning but not during the link attempt

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