



# Practical Document

skip-hop

## Practical Document 2

### The Gold 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: crougar (aka pretzel)** (see Individual Skipping trick 18)

**description:** place right arm under right leg from the inside or left arm under left leg from the inside

**stipulations:** 15 complete crougars to achieve goal

**tips:** lift your leg as high as is comfortable; hand position is the same as with normal skipping

**speed:** double or single bounce

**note:** skipper attempts this move from a standing position

**2. the skip: skipping into crougar and out of crougar** (see Individual Skipping trick 19)

**description:** one normal skip, into pretzel position, back into normal skip

**stipulations:** three complete executions of the above routine to complete the move

**tips:** to exit the crougar, a side swing to the opposite side is required

**speed:** double or single bounce but double bounce is easier

**note:** skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning

**3. the skip: double under** (see Individual Skipping trick 31)

**description:** rope travels under the skipper twice in one jump

**stipulations:** 10 completions of the move to achieve goal; skipper is allowed normal skips in between but no more than two before attempting another double under

**tips:** for speed, small revolutions of the hands, the pivotal point being the wrist

**speed:** single bounce

**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 can also do up to two normal skips in between double unders to compose themselves

**4. the skip: marlee** (see Individual Skipping trick 38)

**description:** skipper skips backwards and places arm under corresponding leg (from the outside, not the inside as with a crougar) as the rope falls behind them. Jump rope with arm still under leg, turn 180 degrees, change direction of rope, hop over rope with the other foot and continue to skip normally

**stipulations:** one marlee under left leg, one under right leg

**tips:** begin 180 degree turn as the rope re-appears from under the foot after the jump

**speed:** single bounce or double bounce

**note:** easier with double bounce. Skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning

## Practical Document 3

### 5. the skip: **boxer** (see Individual Skipping trick 33)

**description:** left foot, left foot, right foot, right foot, left foot, left foot, right foot, right foot...

**stipulations:** must be done in single bounce rhythm! 40 turns of the rope on the left foot, 40 turns of the rope on the right foot with no misses

**tips:** the non-weight-bearing foot can still tap the floor at the same time as the weight-bearing foot bounces which ensures economy of movement

**speed:** must be done in single bounce rhythm! - left, left, right, right, left, left, right, right...this is 8 turns of the rope

**note:** skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning

### 6. the skip: **razzle dazzle** (see Individual Skipping trick 34)

**description:** skipper crosses feet first, then, the leg that is at the back comes out to the side and does a heel tap. That foot is then crossed in front of the other leg. The foot which is now at the back then does a heel tap to the side

**stipulations:** five to the left, five to the right with no misses or normal skips during routine

**tips:** practice without the rope

**speed:** single bounce

**note:** skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning

### 7. the skip: **toad** (see Individual Skipping trick 37)

**description:** skippers cross their arms but the arm that is underneath (closest to the stomach) is placed under the corresponding leg. Think of it as a cross between a crougar (skip 1. Gold Award) and a crossover (skip 4. Silver Award)

**stipulations:** two toads on the left leg and two toads on the right leg

**tips:** practice the move with the rope but without jumping on BOTH sides of the body

**speed:** single or double bounce

**note:** double bounce is recommended. Skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning and between toads

### 8. the skip: **EB** (see Individual Skipping trick 39)

**description:** a crossover with one arm behind the back

**stipulations:** three EBs with left arm behind back, three with right arm behind back

**tips:** n/a

**speed:** double bounce or single bounce

**note:** double bounce is recommended. Skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning and between EBs

### 9. the skip: combined heel/toe tap (see Individual Skipping trick 26)

**description:** toe tap behind, heel tap in front on left leg, toe tap behind, heel tap in front on right leg

**stipulations:** 10 on the left leg, ten on the right leg with no misses

**tips:** for speed, small revolutions of the hands, pivotal point being the wrist, economy of movement

## Practical Document 4

**speed:** single bounce

**note:** skipper can do as many normal single bounces as they wish to establish rhythm and to get comfortable at the beginning

**10. the skip: caboose cross** (see Individual Skipping trick 41)

**description:** cross behind the backs of the legs

**stipulations:** five complete cabooses without misses

**tips:** go slow, practice the move without the jump. Stepping over the rope as it comes over the skippers head is a good start

**speed:** double bounce or single bounce

**note:** skipper can do as many normal turns of the rope as they wish to establish rhythm and to get comfortable at the beginning and between cabooses

### The Link

**the link:** seven of the 10 skips

**stipulations:** must include double under, caboose cross, EB (minimum of two EBs, one with left arm behind back, one with right arm behind back), toad (minimum of two toads, one with left arm under right leg). Skippers can start and finish with normal forward and backward skipping but not during the routine

**speed:** single bounce

**tips:** intersperse footwork based skills (razzle dazzle, boxer, combined heel/toe tap) with arm/leg based skills (caboose cross, toad EB etc.)

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

**Good luck and enjoy**