

# Skip-Hop Bronze award

## Bronze award

On the Skipping Challenge Day, skippers will then be judged and awarded the Bronze award badge if they are successful in **all skips**. It is important to practice each skill individually before attempting them altogether.

## Preliminary skipping tricks

Skippers entering the Bronze Award must complete the following six basic skipping tricks successfully before attempting the rest of the Bronze:

1. Double bounce forward skip
  - 10 turns of the rope with no misses
2. Double bounce backward skip
  - 10 turns of the rope with no misses
3. Single bounce forward skip
  - 10 turns of the rope with no misses
4. Single bounce backward skip
  - 10 turns of the rope with no misses
5. Running on the spot, single or double bounce
  - 10 turns of the rope with no misses
6. One legged
  - 10 turns of the rope with no misses on left leg and 10 turns of the rope with no misses on right leg

## The skips

# Skip-Hop Bronze award

The following ten skips are to be completed linked together with no misses. Normal forward skipping can be included at the beginning or at the end of the routine but not during the routine.

## 1. The bell

- Small jump forward on one turn of the rope, followed by a small jump back to starting spot on the next turn of the rope
- 20 turns of the rope with no misses
- single or double bounce

## 2. The slalom

- Small jump to one side on one turn of the rope, followed by a small jump back to starting spot on the next turn of the rope
- 20 turns of the rope with no misses
- single or double bounce

## 3. The twister

- Keeping feet together, twist feet to the side, then to the other side and so on
- 20 turns of the rope with no misses,
- double bounce recommended
- shoulders do not twist to the side, only hips, legs and feet

# Skip-Hop Bronze award

## 4. Side straddle

- Feet together, feet apart, feet together, feet apart...
- 20 side straddles with no misses.
- Single or double bounce
- Feet together, feet apart counts as one

## 5. Front straddle

- Feet together, scissors, feet together, scissors...
- 20 front straddles with no misses, alternating between left foot forward and right foot forward
- Single or double bounce
- Feet together, scissors counts as one

## 6. Combined straddle

- Feet together, feet apart, feet together, scissors...
- 10 combined straddles with no misses, alternating left and right foot for the forward straddles
- Single or double bounce
- Feet together, feet apart, feet together, scissors counts as one

# Skip-Hop Bronze award

## 7. Ex

- Feet together, cross (left over right), feet together, cross (right over left)...
- 20 Exs with no misses.
- Single or double bounce
- Feet together, cross counts as one

## 8. Wounded duck

- Skip with toes touching and heels apart, then with heels touching and toes apart
- 10 wounded ducks with no misses
- Double bounce recommended
- Toes touching, toes apart counts as one

## 9. Side swing

- Keeping hold of a handle in each hand, swing to the left, swing to the right and then jump the rope
- 20 side swings with no misses
- Single or double bounce
- Left swing, right swing, jump counts as one

## 10. 180 degree turn

- Forwards skip, side swing and turn around at the same time, backward skip, turn around and skip forward
- 8 completions of the move, four with left hand side swing, four with right hand side swing
- Double bounce recommended