

DOUBLE DUTCH 長繩花式

D-1

Basic 1 Rope

跳長繩



Turning the Rope:

Keep the upper arm still, rotate the elbow, and keep the wrist locked. One turner holds rope with right hand, the other turner holds rope with left hand.

Practise with both arms, turning clockwise with the left hand and counterclockwise with right hand.

擺繩

保持上臂不動及鎖緊手腕，擺繩時只轉動手肘。一位擺繩者用左手擺繩，而另一位則用右手。左右手也練習，左手順時針擺，右手逆時針擺。

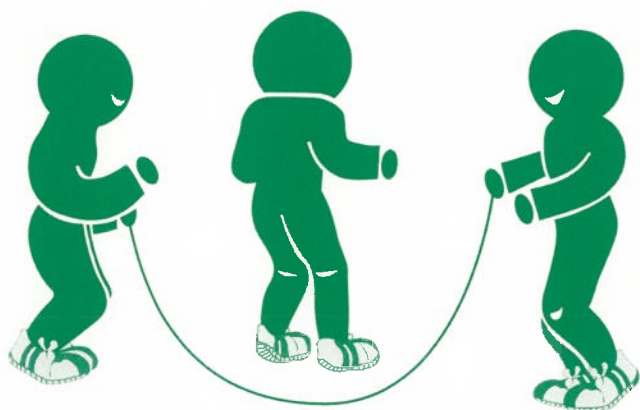
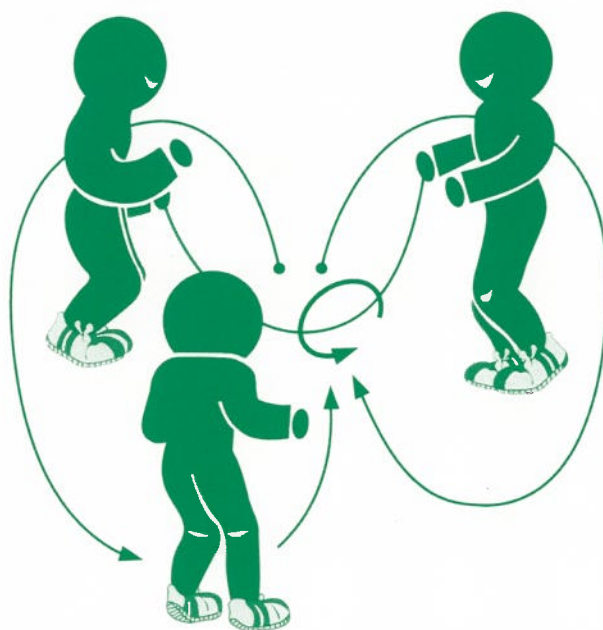
Entering the Rope:

Stand next to the turner on the side where the rope swings downward. Enter as the rope passes your nose, hits and goes away.

入繩

站在擺繩者繩向下擺的一邊，當繩經過你的鼻子便開始入繩。

♥ Cue: "1-2-ready-in" 口訣：「1、2、3、入」



Exiting the Rope:

Jump toward the opposite turner. Exit toward the opposite side of the rope on the jump.

出繩

跳向另一位擺繩者，跳過繩後便立即跳出繩，出繩與入繩的方向相反。

♥ Cue: "1-2-ready-out" 口訣：「1、2、3、出」

♥ TIP

Use rhythmic two-foot jumps. Remember to let all three people practise turning, entering, jumping and exiting the rope.

提示

跳的時候，雙腳要有節奏。
每一個隊員也要練習跳繩和擺繩。

DOUBLE DUTCH 長繩花式

D-2

Basic 1 Rope Activities 跳長繩 + 腳部動作 / 手持其他道具

The jumper can try the single rope footwork tricks in the rope (such as Skier, Bell, Scissors, etc).

PROPS

The jumper uses a "prop" while jumping in the rope. The prop could be a ball that is bounced or thrown or aimed at a wall target, or it could be an individual skipping rope that is jumped!

跳繩者可在長繩中嘗試各種腳部動作花式，如滑雪跳、鐘擺跳、較剪跳等。

手持其他道具

跳繩者在跳繩時加入道具增加難度。例如在繩中拍球、傳球甚至射籃，亦可在長繩中作單人跳。

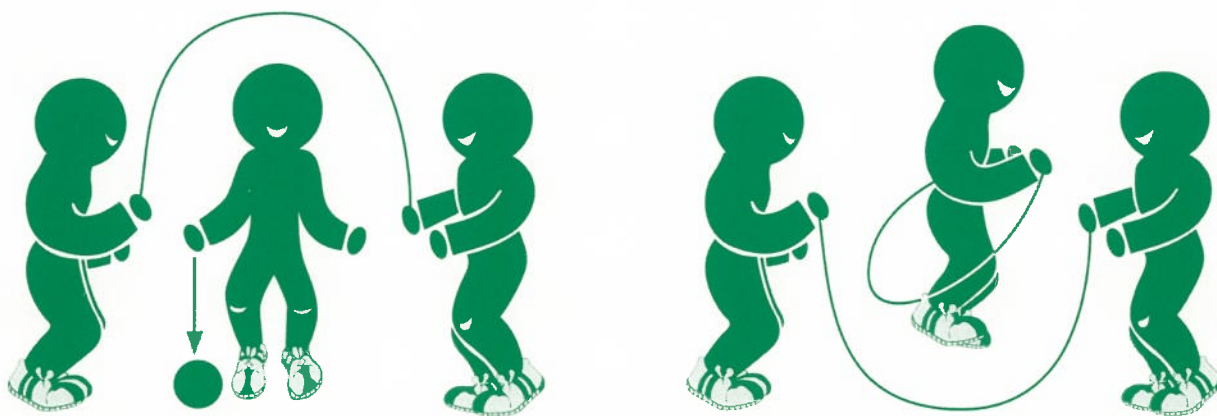


FIGURE 8'S

A jumper enters, jumps, and exits the rope using a "figure 8" pathway.

八字走位

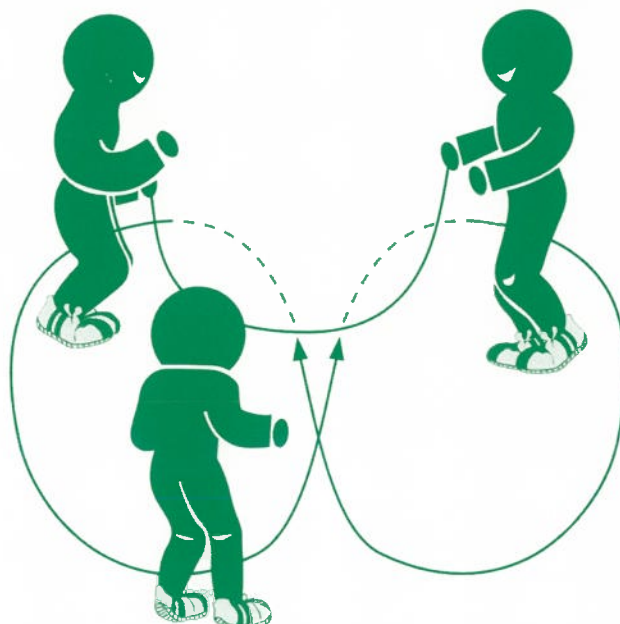
跳繩者可沿地上的八字路線入繩和出繩。

♥ Challenges

- How many complete Figure 8's can you do without an error?
- How many complete Figure 8's can you do in 30 seconds (or 1 minute, etc.)?
- Play tag in the Figure 8's.

挑戰

- 你最多可以完成多少次八字走位？
- 你在三十秒內可完成多少次八字走位？
- 嘗試在八字走位中作花式跳

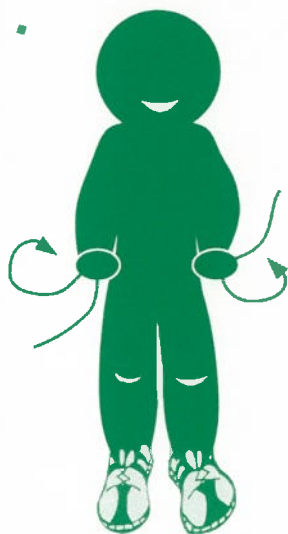


DOUBLE DUTCH 長繩花式

D-3

Basic 2 Rope

兩條長繩（交互跳）



Turning the Ropes:

Keep the upper arms still, rotate the elbows, and keep the wrists locked. Practise keeping a regular rhythm of the ropes, turning clockwise with the left hand and counterclockwise with the right hand.

擺繩

保持上臂不動及鎖緊手腕，擺繩時只轉動手肘。練習保持有節奏地擺繩。左手順時針擺，右手逆時針擺。

Entering the Ropes:

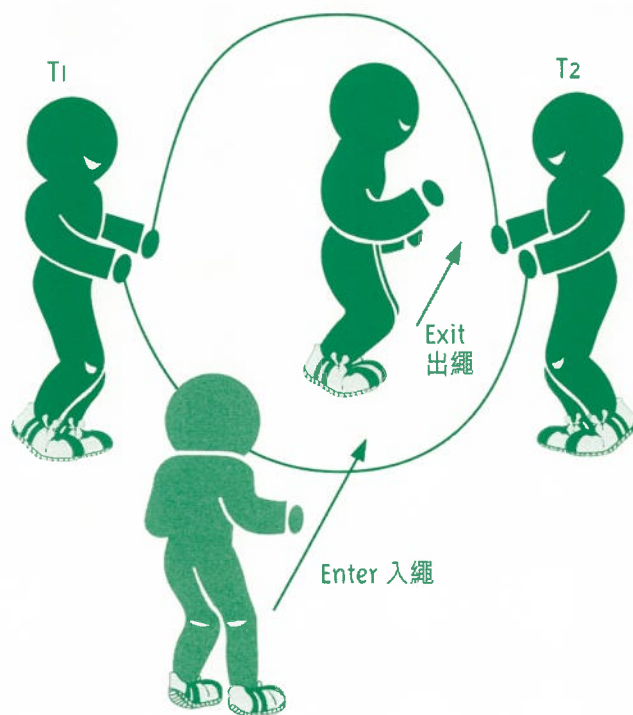
Stand next to the turner (T1). Enter as the back rope (the rope farthest away from you) passes your nose, hits and goes away. The turner can call "1-2-ready-in" to help the jumper get in. The jumper should be in the centre of the ropes between the two turners.

入繩

站在擺繩者(T1)的右邊準備入繩，當擺繩者左手搖動的繩經過你的鼻子時便入繩。

擺繩者可叫「1、2、3、入」來幫助跳繩者入繩。

跳繩者應在長繩的中間位置跳繩。



Exiting the Ropes:

Jump toward the opposite turner. Exit toward the opposite side of the rope on the jump. The turner can call "1-2-ready-out" to help the jumper get out.

出繩

入繩後應向著另一位擺繩者(T2)跳繩，出繩時經過(T2)右手的繩。擺繩者可叫「1、2、3、出」來幫助跳繩者出繩。

Jumping the Ropes:

Use rhythmic two-foot jumps.

Remember to let all three people practise turning, entering, jumping and exiting the ropes.

跳繩

有節奏地雙腳跳動。三位隊員輪流練習跳繩和擺繩。

DOUBLE DUTCH 長繩花式

D-4

Intermediate 2 Rope Activities 兩條長繩 (進階交互跳)

Remember to take turns jumping and turning.

The tricks from poster D2 can now be done in 2 ropes. These tricks include footwork, figure 8's and props.

Copy Cats

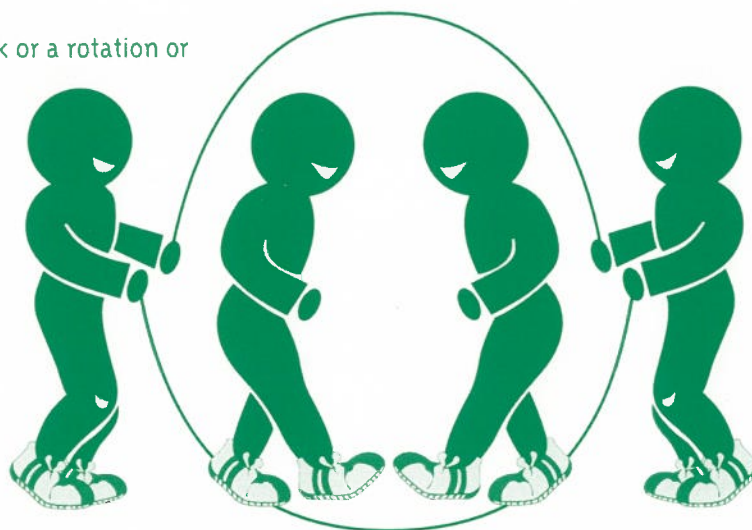
Jumper 1 performs a trick (using footwork or a rotation or touches the floor etc.), then Jumper 2 copies the trick. Next Jumper 2 performs a trick and Jumper 1 copies it.

Variation:

Both jumpers perform one or more tricks together simultaneously.

緊記輪流練習跳繩和擺繩。

可在兩條長繩中跳D2提及的單長繩動作。
(如八字走位及利用道具等)



模仿跳遊戲

跳繩者1做某一個動作(腳部動作、轉身或用手觸地面)，然後由跳繩者2模仿。接著由跳繩者1模仿跳繩者2的動作。

花式變化：兩人同時跳同一動作。

Penny Game

During 30 seconds the jumper picks up one penny at a time while jumping the ropes.

Variation:

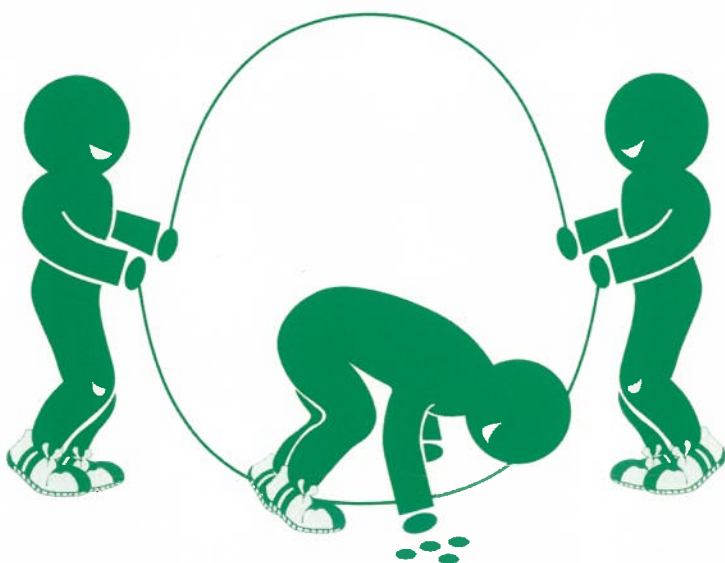
- Each member of the group of 3 take a turn getting pennies so the group gets a team total.
- Each time the jumper picks up a penny it must be put in a box outside the ropes.

拾金遊戲

在30秒時間內，每跳一次時拾起地上的一枚硬幣，數量多者為勝。

遊戲變化

- 3人一組進行比賽，每人輪流跳繩時拾硬幣，加起三人的硬幣，數量多者為勝。
- 每次拾起硬幣後，將硬幣拋進繩外的盒子。



TIP

Substitute larger objects (eg. a checker) for the pennies when you begin learning the trick.

提示

初學者宜選用較大的物件(如豆袋、棋子等.....)進行遊戲。

DOUBLE DUTCH 長繩花式

Jumpers & Turners Match Footwork Trios

三人跳大繩

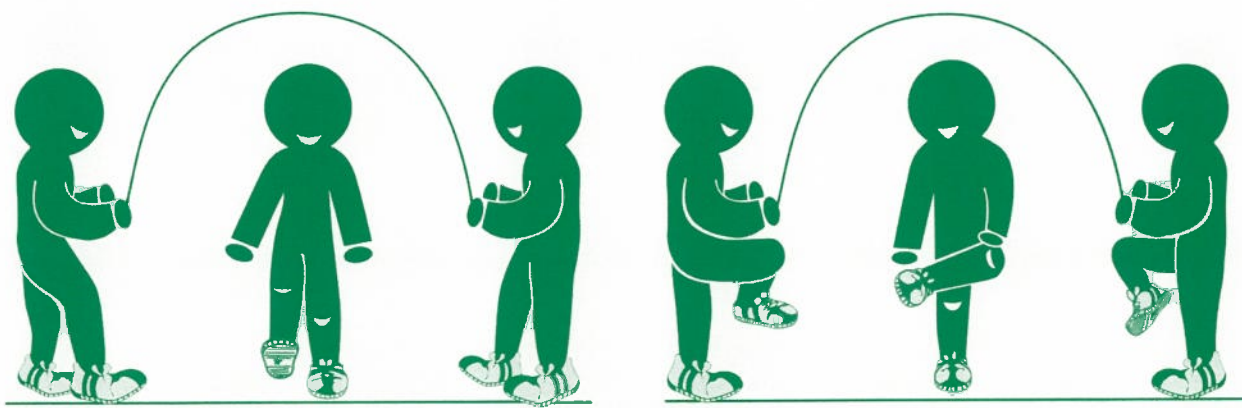
D-5

Jumper and turners match footwork

Practise matching footwork with your group while turning and jumping. This can include combining Heel to Heel, Toe to Toe, Side Straddles, touching an ankle and so on.

擺繩者和跳繩者動作相同

擺繩者和跳繩者進行相同的腳部動作，如腳踝跳、腳尖跳等。



TIP

Plan and practise first without using a rope.

提示

先計劃動作次序及先不用繩練習。



Challenge

Use 2 double dutch ropes.

挑戰

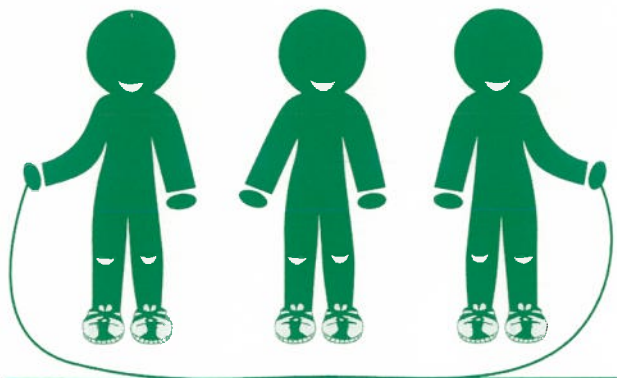
試用兩條長繩。

TRIOS

Turners begin turning and jumping. When the rhythm of the rope is established, another jumper enters the rope in the centre.

三人跳

兩人同時跳繩及擺繩。當跳得有節奏時，另一人在兩人中間入繩一起跳。



Challenge

The trio can do tricks together or change places as they turn and jump.

挑戰

三人可在繩中進行相同的腳部花式，或在跳繩時互相換位。

DOUBLE DUTCH 長繩花式

D-6

Egg Beater & Triangle 十字跳 及 三角跳

Egg Beater

Two double dutch ropes are crossed with 2 pairs of turners. Both ropes are turned at the same time. When the ropes are turning in a regular rhythm, a jumper enters into the centre area and begins to a jump.

十字跳

四個擺繩者用兩條大繩交疊成十成形，並同時擺動。當繩擺動得較有節奏後，跳繩者進入兩繩的交疊位置開始跳繩。

♥ TIP

The jumper thinks about jumping ONE rope because they both go under the feet at the same time.

Challenges

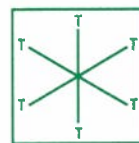
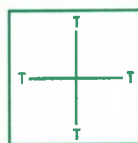
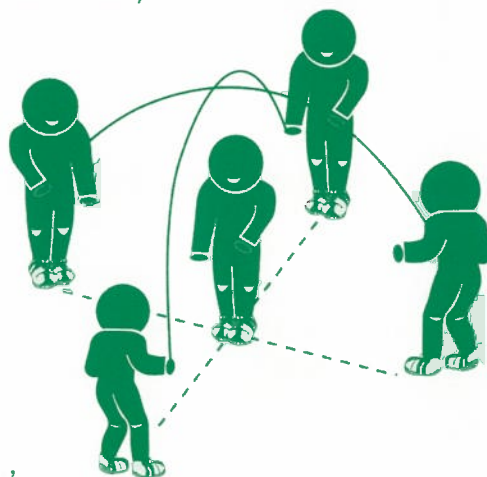
- the jumper does tricks
- turners move in a clockwise direction (like a carousel) while the jumper continues to jump in the centre
- the skipper jumps a single rope inside
- use three crossed ropes

提示

跳繩者需想像自己在跳一條繩，因為兩條繩會同時間經過雙腳。

挑戰

- 在繩中進行不同的花式。
- 擺繩者同時向順時針方向移位（如旋轉木馬），跳繩者繼續跳繩，不需轉位。
- 跳繩中繩
- 用三條繩交疊成米字形



Triangle

Three turners form a triangle and turn 3 ropes at the same time. Ropes turn inward (turners' right hand turns clockwise, left hand counterclockwise). When the rhythm is established, three jumpers enter the ropes.

三角跳

三位擺繩者站成三角型擺動三條繩。繩要向三角內擺（右手順時針擺、左手逆時針擺）。有節奏後三位跳繩者便可入繩。

♥ TIP

One turner calls "1-2-ready-go" to begin the rope turning.

Challenges

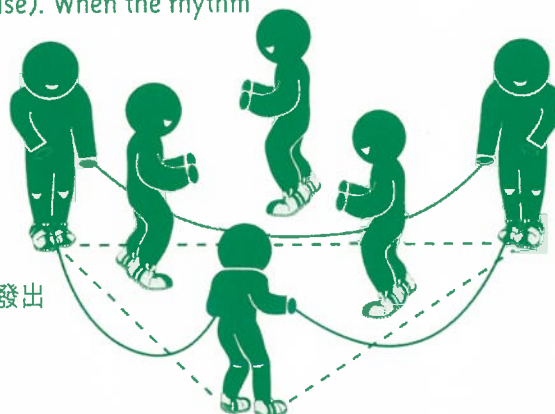
- jumpers match footwork
- jumpers move from rope to rope at the same time on a "go" signal
- two jumpers could play tag, moving from rope to rope

提示

其中一位擺繩者發出號令開始擺繩。

挑戰

- 三位跳繩者進行相同的腳部動作
- 跳繩者跳完一條繩後跳向另一條繩
- 兩人可在繩中進行追逐遊戲



DOUBLE DUTCH 長繩花式

Partners Activities

二人花式跳大繩

D-7

360° Turns holding partner's leg

Jumpers face each other and grasp each other's raised leg.

360度抬腿跳

跳繩者面對面各抬著對方的一條腿跳長繩。

♥ Challenge

Rotate 360° while jumping in this position.

挑戰

在繩中作360度轉。



Elbow turn

Jumpers are side by side with left shoulders together. They link left arms (bending at the elbow). In this position, the pair turns counterclockwise 180° or 360° while jumping.

轉圈圈

跳繩者面對面，左肩靠近，各挽著對方的手肘。
一邊跳繩，一邊轉圈。

Wrap up

Partners face each other, hands joined. B turns to the left, raising the right arm overhead. B finishes facing away from A with arms crossed in front. Reverse the pattern to "unwrap".

手牽手

跳繩者面對面，手牽手。B向左轉，提高左手繞過頭。最後背向A，雙手作交叉狀。倒轉做以上動作並返回原位。

♥ Challenge

Partners match footwork in the "wrap" position.

挑戰

手牽手跳時配合腳部動作。



A

B



A

B



A

B

DOUBLE DUTCH 長繩花式

D-8

Wheel & Double Unders

三人車輪跳 及 長繩二重跳

Wheel

Turn the double dutch ropes in a "wheel" pattern (see poster P3), but with a jumper inside.

三人車輪跳

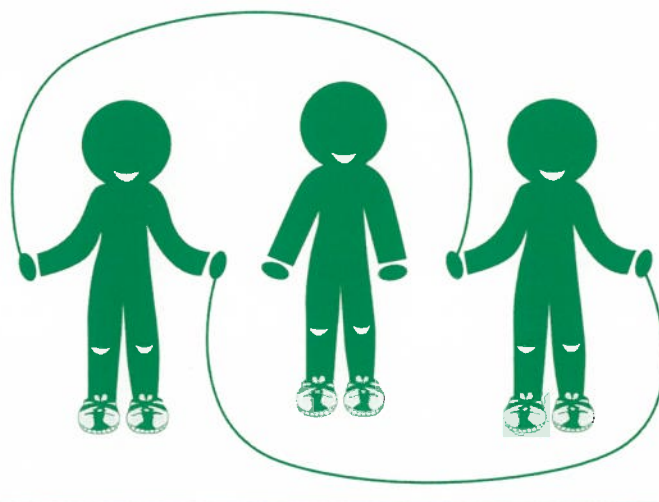
用長繩作車輪跳動作（請參考P3的動作），加一人在二人中間跳繩。

♥ Challenges

the jumper can do tricks and/or the turners can rotate.

挑戰

在繩中作不同的花式 / 擺繩者繞著跳繩者轉身。



Double dutch double unders

Speed up one rope so that both ropes go under the feet, then both are overhead and so on. The jumper uses a high, slow jump after the signal "1-2-ready-go" is called.

長繩二重跳

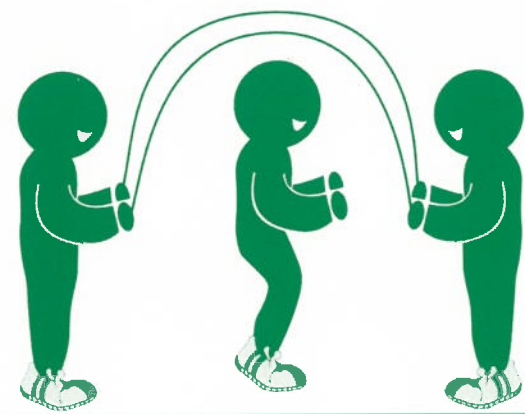
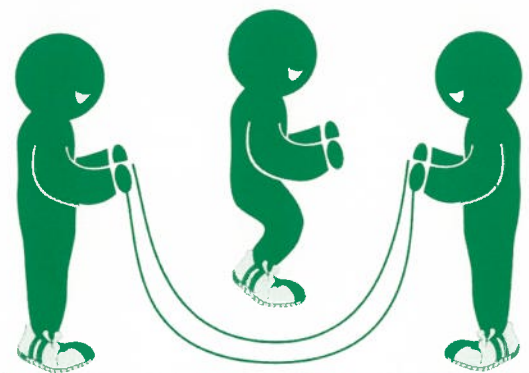
兩條長繩同時擺動，同時經過腳下。擺繩者發令「1、2、3、跳」，跳繩者即用力跳高，繩快速地在跳繩者腳下經過兩次。

♥ TIP

Practise the turning and jumping separately first using the signals.

提示

跳繩者先在繩外跟著擺繩者的發令練習。



♥ Double dutch challenge

Make up a routine with a group of 3 or 4 beginning with an entry, 4 or 5 tricks in the ropes and finishing with an exit and an ending position.

挑戰

設計一套3至4人的花式，入繩後進行4至5款花式，出繩後加上一個完結動作，成為一套完整的花式。