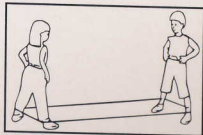


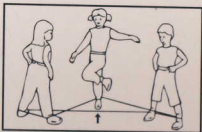
Chinese Jump Rope

P.O. NO. 8382

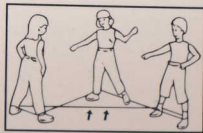
INSTRUCTIONS:



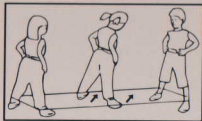
1. Two players hold the jump rope around their ankles as they stand facing each other. The jumper performs the following series of jump:



2. Hook the front band with the right foot. Hop up and forward over rear band. Hop back without touching rear band.



3. Hook front band with both feet together. Jump back over rear band without touching it.



4. Hook front band with both feet together. Jump over rear band. Jump and turn sideways. Jump out from between bands to end up straddling bands. Move the jump rope to a higher level (mid-calf, knees) and repeat these jumps. When the jumper misses, he/she becomes a holder.

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4" X 5 1/4"
10.2cm X 13.3cm

