

# The 26 Basic Tricks of Jump Rope

Whether you are a beginner looking to start your fitness journey or an experienced jumper refining your footwork, these 26 basic tricks form the core syllabus of jump rope skill development. Track your progress as you master each movement.

## Performance Checklist

- **Posture:** Maintain an upright torso and look straight ahead.
- **Hand Placement:** Keep elbows close to your ribs with wrists doing the work.
- **Landing:** Always land softly on the balls of your feet.
- **Consistency:** Aim for rhythm over speed when first learning a new trick.

1. Double Side Swing
2. Single Side Swing
3. Skier
4. Bell
5. Side Straddle
6. Forward Straddle
7. Double Straddle
8. "X"
9. Wounded Duck
10. Peek-a-boo
11. Double Peek-a-boo
12. Toe-to-Toe
13. Heel-to-Heel

14. Heel-to-Toe
15. Double Under
16. Criss-Cross
17. Twister
18. Advanced Twister
19. Side Swing Criss-Cross
20. Fling
21. Irish Fling
22. W.W. Kick
23. Can-Can
24. Frog
25. Wing Ding
26. 360