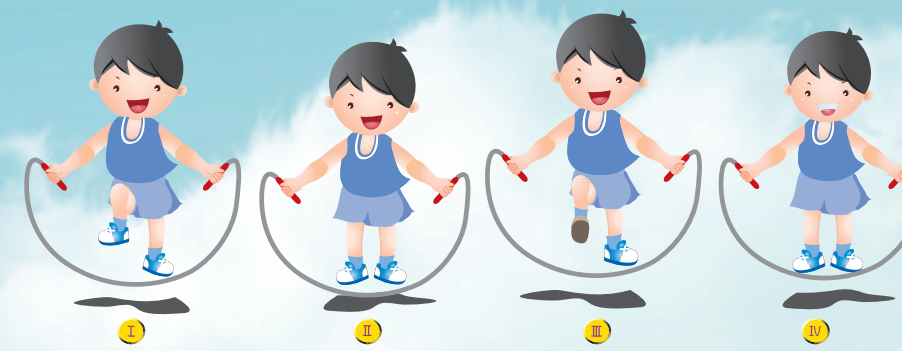


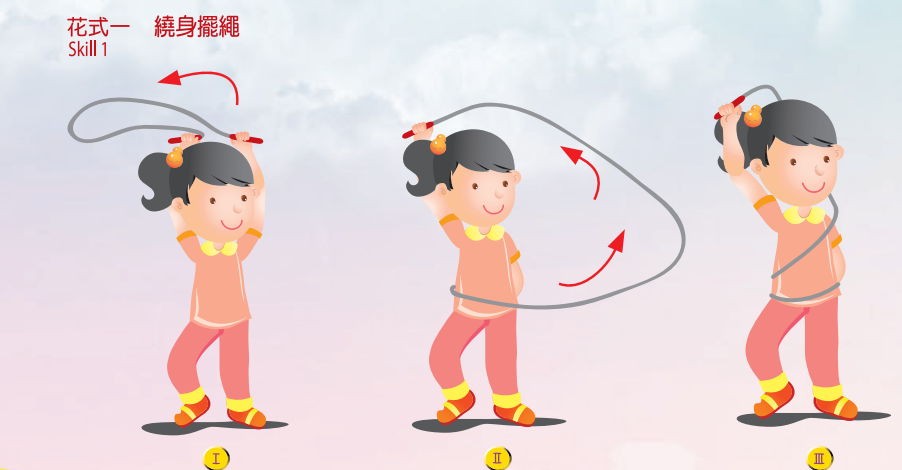
10. 肯肯跳 (大家可以自由創作新的腳步方式，編成一套獨有的跳繩動作)
Can-Can (You may create new footwork and invent your own skipping movements)



- 肯肯跳 (提膝跳+踢腿跳)
 ① 第一跳：提膝跳
 ② 第二跳：雙腳跳
 ③ 第三跳：踢腿跳
 ④ 第四跳：雙腳跳

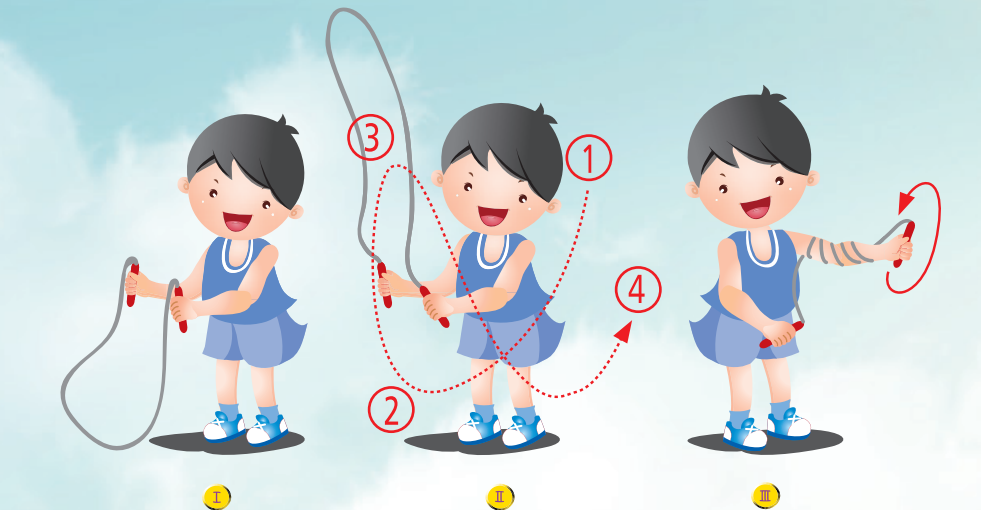
The Can-Can (Knee lift + Kick)
 1st jump : Lift knee jump
 2nd jump : Jump with both feet
 3rd jump : Kick out and jump
 4th jump : Jump with both feet

11. 擺繩花式 (不需跳過繩子)
Wrap and Unwrap (No need to jump over the rope)



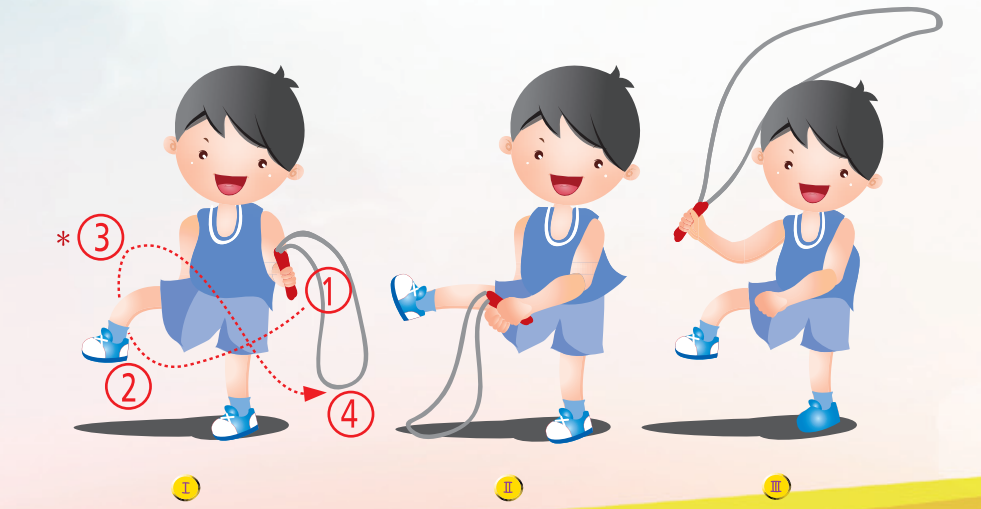
- 完成步驟 ③ 後，只要用手向相反方向轉圈，便可解開繩子。
After Step III, untie the rope simply by swinging it towards the opposite direction.

花式二 木乃伊擺繩
Skill 2



之後向相反方向解繩
Unwrap the rope in the opposite direction

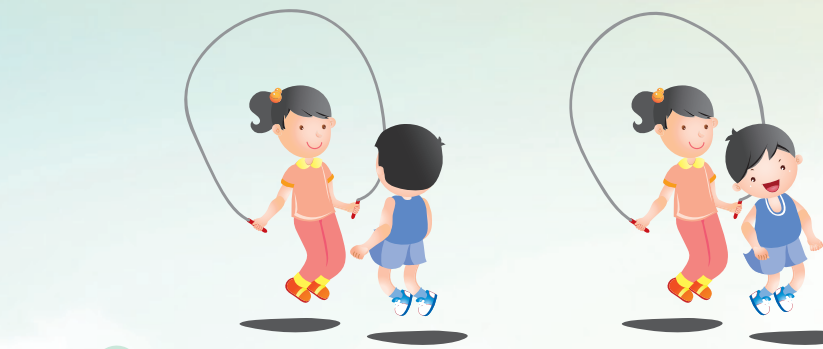
花式三 八爪魚擺繩
Skill 3



* 於此位置時，把繩柄從左手交到右手。右手放於右腿後方。
* Pass the rope handles from your left hand to right hand with your right hand behind your right thigh.

B. 雙人花式 Pair Freestyles

1. 朋友跳
Partners Jumping



2. 單側迴旋跳
Alternate Jumping



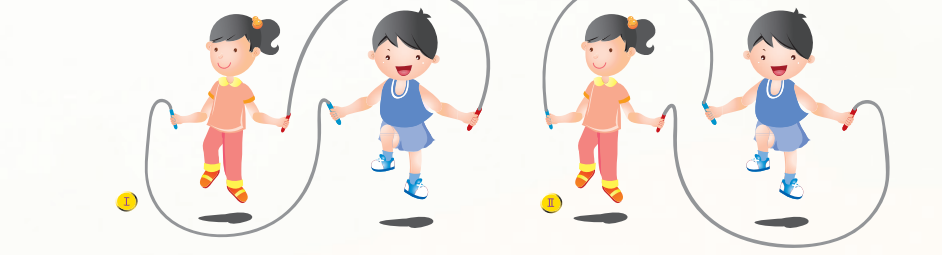
3. 橫排跳
Jumping Together by Sharing a Rope



4. 連鎖跳 (可隨意加減人數，若繩子沒有繩柄，則需要在跳動時轉動繩頭)
Twins (The number of skippers can be adjusted freely and if the ropes have no handles, you should revolve the ends of the ropes when jumping)

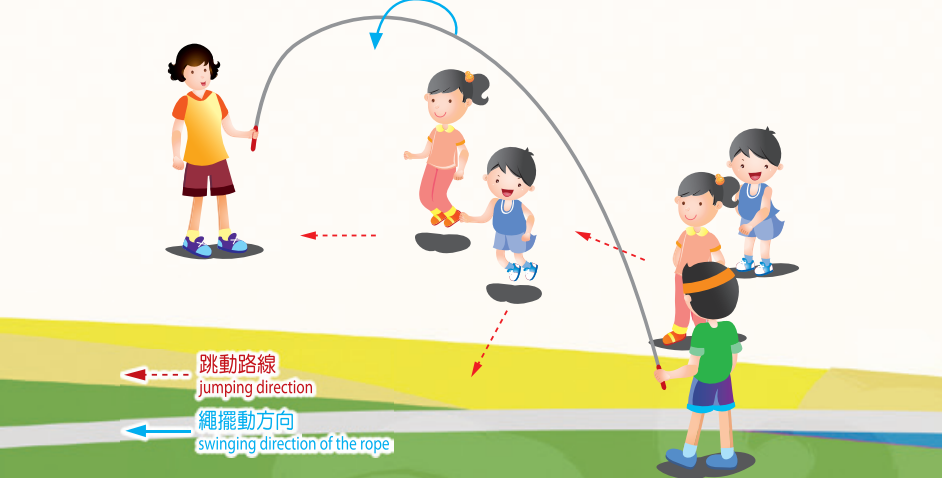


5. 車輪跳
Chinese Wheel

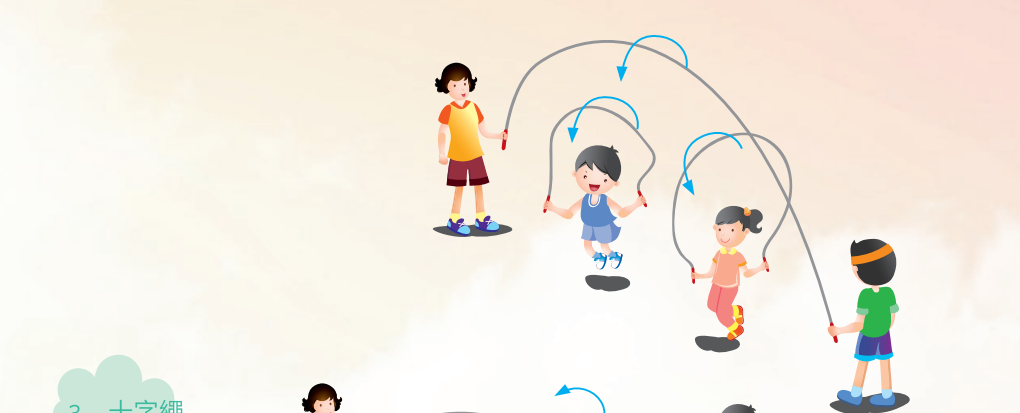


C. 集體花式 Team Freestyles

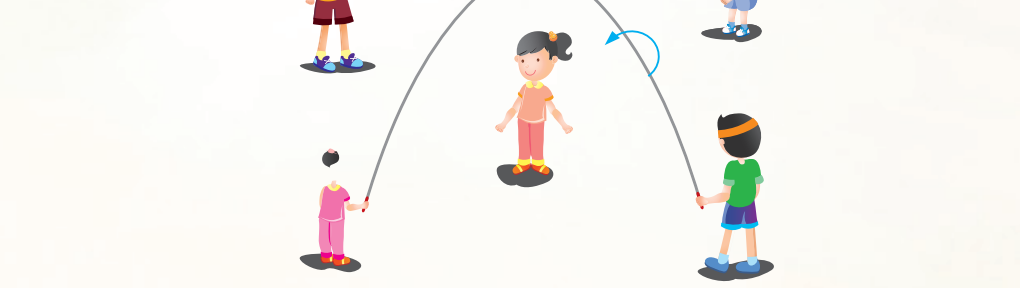
1. 大繩 (可自創花式，如猜拳、傳球、轉換位置、集體舞步等)
Long Rope (You may invent skills such as finger-guessing, passing the Ball, trading places and group dancing, etc.)



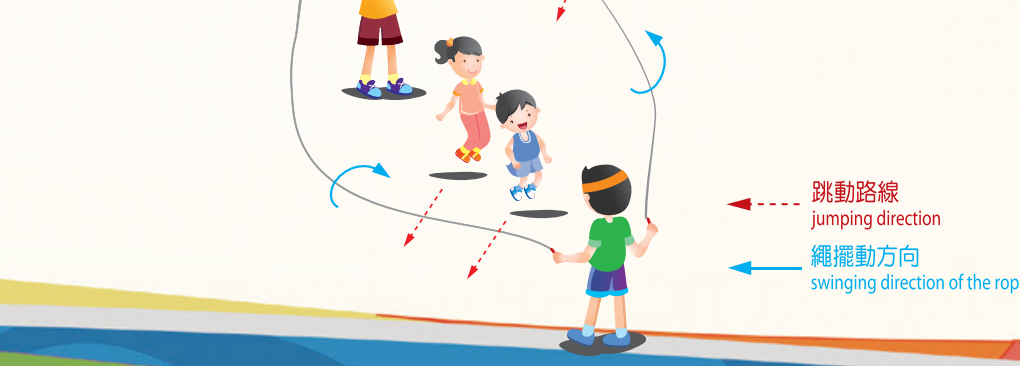
2. 大繩繩中繩 (基本上所有傑體花式都可以加入繩中繩動作，若已掌握較高技術，更可加入雙人花式)
Single Rope inside Long Rope (Basically, all team freestyles may include skills inside the ropes or even the pair freestyles if the skippers have mastered the necessary skills)



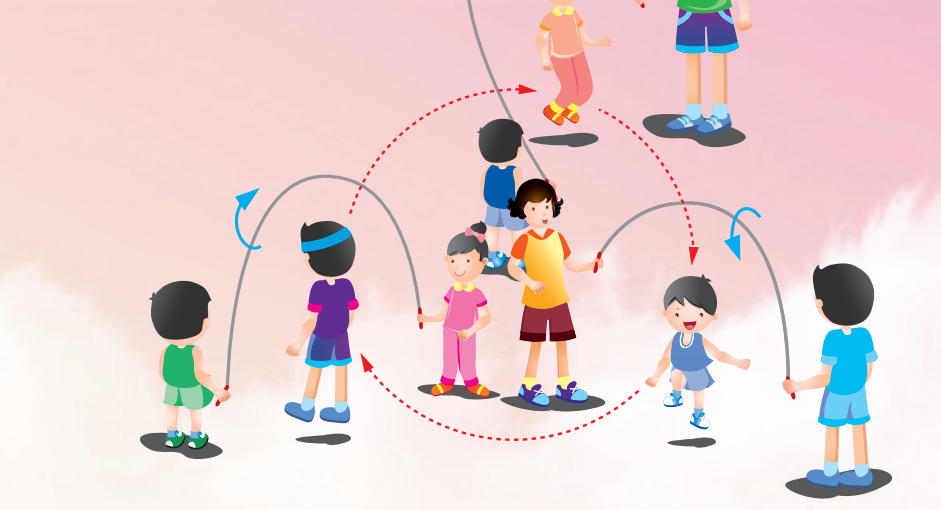
3. 十字繩
Egg Beater



4. 交互跳
Double Dutch



5. 傘形跳
Umbrella



跳動路線 jumping direction
繩擺動方向 swinging direction of the rope

- * 可按音樂節奏將個人、雙人和集體花式串連，編排出一套創新的跳繩動作。
- * Design different routines according to the rhythm of music. You may create an innovative routine by combining the single, pair and team freestyles.

如欲查詢有關「普及健體運動」的資料，請致電康樂及文化事務書 (康文署) 二十四小時客務熱線：2414 5555 (此熱線由「1823」接聽) 或瀏覽康文署網頁：www.lcsd.gov.hk/tc/healthy。
如欲知道更多健康資訊，請致電衛生署健康教育專線：2833 0111 或瀏覽衛生防護中心網頁：www.chp.gov.hk。
查詢花式跳繩資料，請致電中國香港跳繩總會：9464 9757 或瀏覽該會網頁：www.hkrsa.com。

For details about the "Healthy Exercise for All Campaign", please call the Leisure and Cultural Services Department (LCSD) 24-hour Customer Hotline at 2414 5555 (This hotline is handled by "1823") or visit the website of LCSD at www.lcsd.gov.hk/en/healthy.
For more information on health, please call the Health Education Infoline of the Department of Health at 2833 0111 or visit the website of Centre for Health Protection at www.chp.gov.hk/en.
For enquiries about rope skipping, please call the Hong Kong Rope Skipping Association, China at 9464 9757 or visit the website of the association at www.hkrsa.com.

鳴謝：
中國香港體適能總會
中國香港跳繩總會

Acknowledgements:
Physical Fitness Association of Hong Kong, China
Hong Kong Rope Skipping Association, China



普及健體運動
Healthy Exercise for All Campaign

日日運動身體好
Daily exercise keeps us fit
男女老幼做得到
People of all ages can do it

跳繩樂

Rope Skipping for Fun

康樂及文化事務署
Leisure and Cultural Services Department

衛生署
Department of Health

引言

根據「全港社區體質調查」結果，結果顯示各年齡層大部分體質參數較十年前同類測試的結果有所改進，反映市民對健康日益關注；但結果亦指出超過半數的市民日常體能活動未達世界衛生組織（世衛）的指標。兒童及青少年應每星期平均每天進行最少60分鐘中等至劇烈強度的體能活動，而成年人則每星期進行最少150至300分鐘中等至劇烈強度的體能活動，促進身體健康。

跳繩是簡單而有效的健體運動，除可鍛鍊體格、保持體態健美外，也可訓練個人的反應和耐力。跳繩運動的裝備十分簡單，只需要一條繩、輕便衣服和一對合適的運動鞋。跳繩也不需要很大的地方或特別場地，而且參加人數不限，可獨自進行，亦可多人一起練習。可按個人體能調節運動量，跳繩節拍可快可慢，適合不同人士參與。

參考資料

香港特別行政區：康樂及文化事務署。2021年。「全港社區體質調查」。研究報告摘要。
日內瓦：世界衛生組織，二零二零年。世衛組織關於身體活動和久坐行為的指南。

跳繩的益處

- 鍛鍊神經肌肉系統的協調、靈敏度和反應；
- 增強心肺功能，促進血液循環；
- 減低患上心血管病、高血壓、中風和糖尿病的風險，並有助預防部分癌症（例如大腸癌）；
- 強化肌肉，並有助減低骨質疏鬆的風險；
- 增加關節靈活性和柔軟度，減低受傷和跌倒的風險；
- 紓緩壓力，增強自信，促進心理健康；及
- 有助消耗熱量[#]，保持理想體重。

[#] 了解體能活動與熱量消耗，有助控制體重：

例如：連續跳繩 10 分鐘，而強度為每分鐘 60-80 次數，熱量消耗列表如下：

體重 (公斤)	40	45	50	55	60	65	70	75	80
熱量消耗 (千卡)	59	66	73	81	88	95	103	110	117

註：以上資料只供參考，實際消耗的熱量亦取決於活動劇烈程度和時間長短，以及個人體能、技術水平、性別、年齡體重等因素。

Introduction

According to the findings of the Territory-wide Physical Fitness Survey for the Community. The overall findings of the survey revealed that although most of the physical fitness parameters have improved across different age groups compared to the findings of a similar survey a decade ago, reflecting the growing health awareness of the public. The findings also indicated, however, that more than half of the public did not meet the daily physical activity level as recommended by the World Health Organization (WHO). Children and youngsters are recommended to do at least an average of 60 minutes per day of moderate-to-vigorous physical activity, across the week, while adults are recommended to do at least 150 to 300 minutes of moderate-to-vigorous physical activity throughout a week for better health.

Rope skipping is a simple and effective physical activity that can help you enhance your physical fitness and maintain a good figure, as well as improve your agility and stamina. Rope skipping requires very simple equipment; all you need is just a rope, loose and comfortable clothing, and a pair of suitable sport shoes. Moreover, rope skipping does not require much space or a special venue. There is also no restriction on the number of participants; you can skip alone or in groups. The rhythm of rope skipping can be varied to suit different people. You can adjust the amount of exercise according to your physical fitness.

Reference

Territory-wide Physical Fitness Survey for the Community. Final summary report. Hong Kong SAR: Leisure and Cultural Services Department; 2021.
WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020.

Benefits of Rope Skipping

- Strength neuromuscular coordination, improve agility and reaction time;
- Improving your cardiopulmonary functions and blood circulation;
- Reducing the risk of developing cardiovascular disease, hypertension, stroke and diabetes mellitus and preventing some types of cancer (e.g. colorectal cancer);
- Strengthening your muscles and reducing the risk of osteoporosis;
- Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls;
- Relieving stress, boosting confidence and Improving mental health; and
- To burn calories[#] and help you maintain a healthy body weight.

[#]To learn more about the energy expended during physical activities will help weight management:

Example: Rope skipping for 10 minutes continuously at the intensity of 60-80 times per minute, the amount of energy expended are as follows:

Weight (kg)	40	45	50	55	60	65	70	75	80
Energy Expended (kcal)	59	66	73	81	88	95	103	110	117

Note: The information given above is for reference only. The actual amount of energy expended is also determined by factors such as intensity and duration of an activity, and the physical fitness, skill level, gender, age, body weight of an individual.

跳繩安全事項

Rope Skipping Safety Tips

- 在平坦的地面上跳繩；
- 在室內跳繩時，需留意天花板高度，要遠離掛牆風扇、吊扇、家具等物件；
- 多人跳繩時需留意彼此的距離，避免被揮動的繩子弄傷；
- 運動時緊記補充身體的水分；
- 若感到太累，便不要做劇烈運動，避免肌肉和關節受傷；以及
- 運動期間如有不適，應立即停止運動，並向醫護人員或專業人士尋求協助。

- Skip rope on a smooth surface;
- For indoor rope skipping, mind the headroom and keep a distance from things like wall mounted fans, ceiling fans and furniture;
- If there are more than one skipper, skippers should keep a safe distance from each other to avoid injuries by the ropes;
- Replenish water from time to time during exercise;
- If feeling too tired during exercise, stop the strenuous activity to prevent muscle and joint injuries; and
- When feeling unwell during exercise, stop immediately and seek medical assistance or professional help.

跳繩五部曲

Five Steps to Follow in Rope Skipping

1. 選擇合適的繩子 Choose a suitable rope

繩子長度應配合你的高度。長度適中的繩子可以暢順地繞過頭頂和腳底，繩子過長或過短都會令跳繩動作不協調。

Choose a rope that suits your height. A rope of the right length can be swung over your head and under your feet smoothly. A rope which is too short or too long will hamper skipping movements.

量度方法 How to measure

雙腳踏着繩子的中央，兩手拉起兩端繩柄直至胸口(或稍下)位置及掌心向上便是合適的長度(如右圖)。

Stand on the middle of the rope and lift both ends of it. The ends of the rope should reach your chest (or slightly lower) and palm up, in which this will be the right length of the rope (see illustration on the right).

- #### 2. 選擇合適的運動鞋 Choose suitable sport shoes
- 為減輕腳部着地時所承受的撞擊力，應選擇吸震功能良好的運動鞋。
- To reduce the loading impact of skipping on your feet, choose a pair of sport shoes with good shock absorbing function.

3. 跳繩前須做熱身運動 Do warm-up exercises before skipping

以輕柔的伸展運動熱身，每個動作維持10至30秒，令體溫微微上升，讓肌肉為接着的運動作好準備。熱身運動一般需時10至15分鐘，但需配合當時的溫度調節熱身時間。

Do gentle stretching exercises for warming up. Hold each posture for 10 to 30 seconds to allow your body temperature to rise slightly and your muscles to get prepared for further exercises. The warm-up exercises normally take 10 to 15 minutes, but the duration should be adjusted according to the prevailing temperature.

4. 保持正確姿勢 Maintain proper postures

- 眼望前方，腰背挺直；
- 沉肘：手肘屈曲成90度角；
- 手腕發力擺動繩子；
- 跳躍時雙腳合攏，前腳掌有節奏地着地再跳起(腳跟大部分時間不着地)；以及
- 着地時膝部微曲，以吸收跳躍時的震盪力。

- Look forward and keep your back straight;
- Lower your elbows: Bend your elbows at an angle of 90 degrees;
- Swing the rope by wrist action;
- Keep your feet close together, skip on the balls of your feet in rhythmic movements (your heels do not touch the floor most of the times); and
- Knees slightly bent when landing so as to absorb the impact.

5. 跳繩後須做緩和運動 Do cool-down exercises after skipping

盡量放鬆身體及深呼吸，或可重複先前的熱身運動，亦可散步，讓體溫、呼吸和心跳率回復正常。

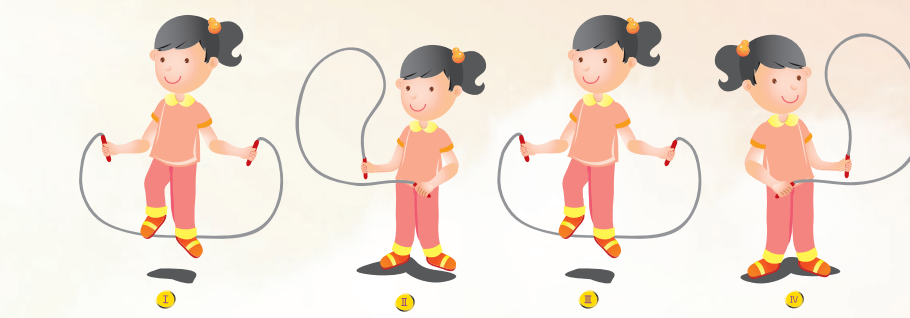
Relax completely and take deep breaths. You may repeat the warm-up exercises or have a leisure walk so as to enable your body temperature, breathing and heartbeat rate to return to normal.

花式跳繩推介

Skills Recommendations

A. 個人花式 Single Freestyles

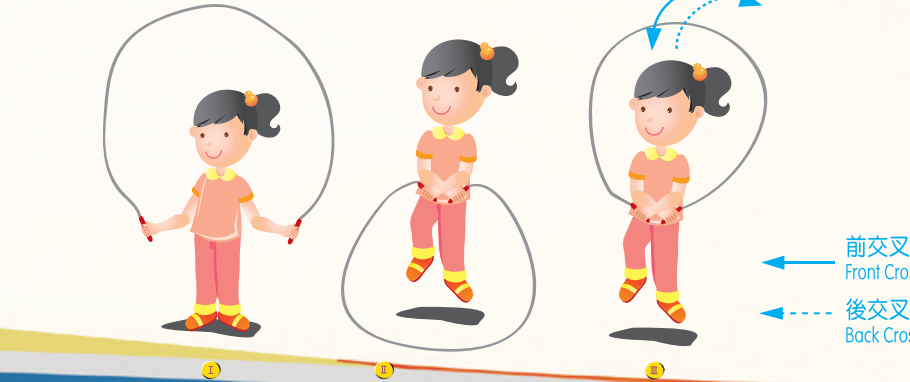
1. 左中右跳 Side Swing



2. 左右鐘擺跳 Side Bell



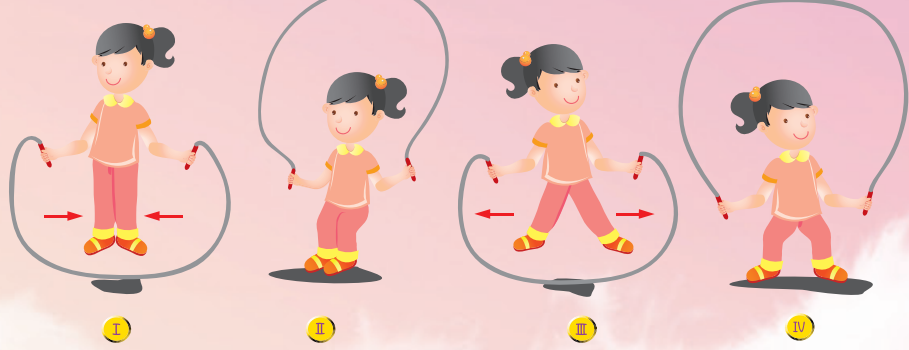
3. 前後繩交叉跳 Front and Back Crosses



前交叉跳
Front Cross

後交叉跳
Back Cross

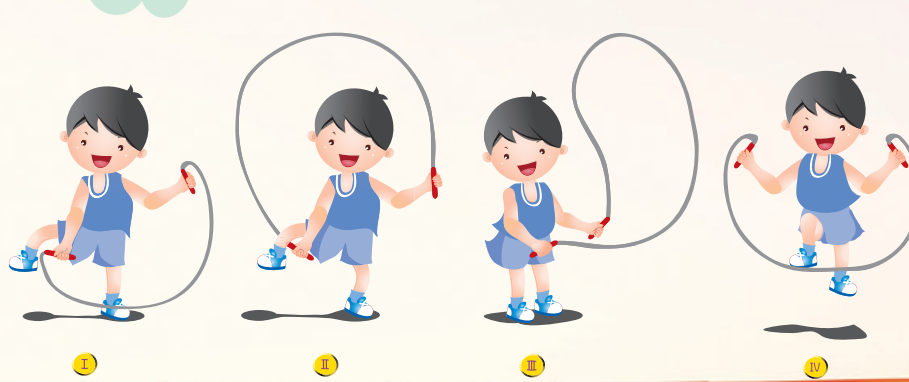
4. 開合跳 Side Straddle



5. 扭動跳 Twister



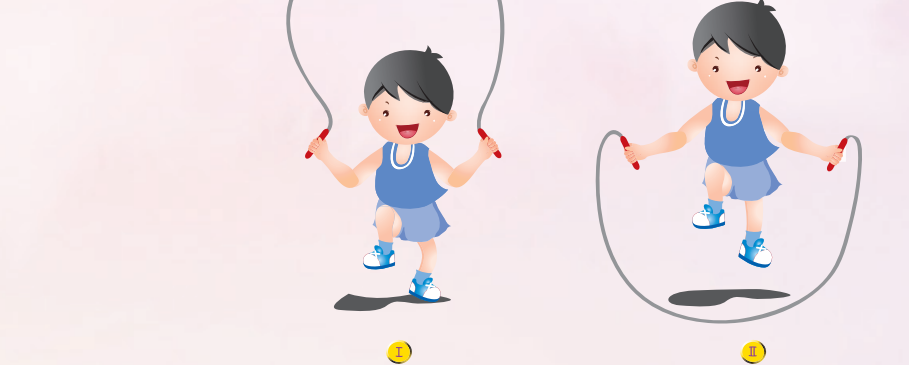
6. 跨下一跳 Crougar



7. 跨下二跳 Toad



8. 單腳跳 One Foot Jump



9. 腳跟跳 Heel to Heel

