

Introduction on Rope Skipping

Rope skipping is a simple and effective physical activity, which helps you enhance physical fitness and maintain a good body shape, while training agility and stamina. Rope skipping requires not much equipment; all you need to do is just to prepare a rope, comfortable clothes and a pair of suitable trainers. In addition, rope skipping does not require a very large space or a special venue. There is also no restriction on the number of participants. It is up to you whether to skip on your own or in groups. The varying rhythm of rope skipping ensures that this physical activity is suitable to people of all ages. You may adjust the amount of exercises in light of physical fitness.



Benefits of Rope Skipping

- Improving the coordination of the neuromuscular system, agility and reaction time
- Enhancing the cardiopulmonary function and promoting blood circulation
- Reducing the risks of developing cardiovascular diseases, hypertension, stroke and diabetes mellitus
- Strengthening muscles and helping reduce the risk of osteoporosis
- Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls
- Relieving stress; boosting confidence; as well as improving mental health
- Burning calories to help maintain an optimal body weight



Source: Hong Kong Rope Skipping Association, China

Five Steps to Rope Skipping

1. Choose suitable ropes

Choose ropes that suit your height. A rope of the right length can be swung over your head and under your feet smoothly. The rope should neither be too short nor too long, as this may hamper skipping movements.

How to measure

Stand on the middle of the rope, and lift both ends of it until these ends reach your chest or slightly lower position.



2. Choose suitable trainers

A pair of suitable trainers having a sound shock absorbing function should be worn to reduce the shock of skipping on your feet.

3. Do warm-up exercises before skipping

Do gentle stretching exercises for warm-up. Hold each posture for 10 to 30 seconds to allow body temperature to rise slightly and get muscles ready for further exercises. Such warm-up exercises normally take 10 to 15 minutes to finish, with its duration adjustable in light of the prevailing temperature.

4. Maintain proper postures

- Look forward with your back kept straight;
- Lower your elbows: Bend your elbows at an angle of 90 degrees;
- Swing the rope by wrist action;
- Keep your feet close together when skipping, with balls of your feet landing in a rhythmic manner, while ensuring that your heels do not touch the floor for most of time; and
- Keep your knees slightly bent when landing to reduce the shock of skipping.

5. Do cool-down exercises after skipping

Relax your body completely and take deep breaths. You may also repeat the above warm-up exercises or even take a leisure walk to help your body temperature, breathing rhythm and heartbeat rate return to normal.





Equipment of Rope Skipping



Short-handle Speed rope

- Suitable for speed training
- With adjustable rope length



Long-handle Speed Rope

- Suitable for freestyle training
- With adjustable rope length



Long-handle Beaded Rope

- For individual and pairs freestyle
- Easy to grasp the rhythm and keep the shape of rope arcs
- Featured by distinctive colours for performance
- With adjustable rope length



Long-handle Double Dutch Beaded Rope

- For team and double dutch freestyle
- Easy to grasp the rhythm and keep the shape of rope arcs
- Featured by distinctive colours for performance
- With adjustable rope length



Coated Speed Rope

- For single rope speed events
- Suitable for competitions



Uncoated Speed Rope

- Of the highest rotation speed
- Commonly used by professional elite athletes in single rope speed events

