

Chapter 1 : How to Jump Double Dutch (with Pictures) - wikiHow

Double Dutch is a form of jumping rope that involves two ropes and one or more jumpers. Two people rhythmically turn the ropes while the jumper(s) hop over them. Double Dutch started as a street game, but now has advanced to competitions with awards and prizes. It is a fun and challenging game that.

The turners are the key. Anyone that can jump more than two inches off of the ground at a fairly consistent beat can jump in Double Dutch, as long as they have good turners. The question people should be asking is: Keep your hands on the Chalk Board: Pretend you are standing in front of chalk board with a piece of chalk in each hand. Keep your elbows at your side and bend your arms at right angles with the chalk pointing forward. Step forward until the chalk touches the chalk board. With your left hand draw a circle clockwise and with your right hand draw a circle counter clockwise. When your left hand is at the top of the circle, your right hand should be at the bottom of its circle and vice versa. You should always keep your hands on that plane. If you pull your hand off the chalk board, you will pull the rope tight and cause your jumper to miss. Also make sure you are drawing something that resembles a circle. Sometimes one hand makes a nice pretty circle, and the other one is drawing some sort of Egyptian hieroglyph. That would make it difficult for anyone to jump. Turn at the Speed of the Jumper: A good turner matches the speed of the jumper. If the jumper speeds up, the turner speeds up. If the jumper slows down, the turner slows down. A common mistake beginning turners make is turning way too fast. Encourage your team to start out slow. The ropes should be turning at an even beat. You can listen to the ropes hitting the ground to find out if you are doing it right. You should hear the clicks at the same interval click.. Sometimes a jumper will start moving around. Always try to keep your jumper centered in the ropes. You may need to take steps forward, backward, or sideways to do this. Be prepared to move. Keep your eyes on the body parts touching the ground: Most of the time you should be watching the jumpers feet. Sometimes more advanced jumpers will jump on their hands or even their butts. The point is, you need to be paying attention because when that body part jumps off of the ground that is your chance to get the rope under it. If something stays on the ground too long, you may need to stall the ropes until it gets off the ground. Those are the very basics of turning Double Dutch. Like anything else, practice, practice, practice.

Chapter 2 : Double Dutch History

Double Dutch is a game in which two long jump ropes turning in opposite directions are jumped by one or more players jumping simultaneously. It is believed to have originated among Dutch immigrants in New York City, and is now popular worldwide.

Plot[edit] This article consists almost entirely of a plot summary. It should be expanded to provide more balanced coverage that includes real-world context. Please edit the article to focus on discussing the work rather than merely reiterating the plot. His father Kenneth David Reivers , a golden glove champion and widower, coaches him and encourages him to do his best, while his sassy eight-year-old sister, Karin, is much more interested in Double Dutch. Mary and the Joy Jumpers, meanwhile, are training for the regional championship, in order to make it on to the city finals. On the day of the regional championship, Izzy is forced to take Karin and her friends to watch it when his father has to deal with a problem at the gym. His two best friends Chuck and Earl, fellow boxers, tag along to try to convince him to join them for the movies, as they previously planned. Arriving at the site of the regional competitions, Izzy witnesses as Mary and her teammates Shauna, Keisha, and a girl named Yolanda who moved to Brooklyn from Atlanta, deal with trash talk from the Dutch Dragons, the four-time regional champions. The competition is divided into three stages: Despite his best efforts to disguise it, it becomes clear that the more Izzy watches, the more he likes. In the end, the Joy Jumpers take fourth place, barely qualifying for the city finals, and after dealing with snark from Gina, the leader of the Dutch Dragons, Yolanda criticizes Mary for her freestyle routine, blaming their poor performance on them. Izzy and Karin leave as the team begins to argue. Rodney angrily throws the bag away when he catches Izzy staring. Later, the two meet up at the gym, and Rodney maintains his merciless attitude before and during the match. He proves to be strong, but less skilled than Izzy. Kenneth instructs him to watch his movements and find his rhythm. Armed with this advice, Izzy gains the advantage, and ultimately wins. Meanwhile, Yolanda quits the Joy Jumpers, informing Mary that she cared most about winning. In a complex way, Izzy helps to cheer her up after seeing her crying from her balcony. The next day, Rodney confronts Izzy at the school, saying that he won due to a trick and demanding a rematch. Izzy declines, but Rodney refuses to drop the subject. Elsewhere, Mary, Shauna, and Keisha debate about who can replace Yolanda, bringing up several potential candidates, all with fatal flaws. Izzy overhears them, and Shauna and Keisha explain that Yolanda joined the Dutch Dragons, leaving them down a player. Izzy scoffs at the alleged difficulty of jumping rope, and Mary subsequently challenges Izzy to speed jump. She demonstrates her own skills first, and then allows Izzy to try. He gets a false start the first time, but upon his second attempt, he demonstrates as much skill as Mary, leaving the girls and an unseen Karin, who watches from nearby astonished. As he leaves, the Joy Jumpers enter the gym and ask Izzy to join their team, stating that they needed his skills, but he refuses because of what his friends might think. Later, he meets Shauna and Keisha at a restaurant when he orders a pizza for dinner, and they present him a different offer: Izzy considers the offer, and after they coerce a reluctant Mary into asking him to agree, he does so, on the condition that they practice in the gym before school, where nobody can see them. They begin the next morning, where Izzy learns that while compulsory and speed jumping are easy for him with his training, freestyle is more problematic for him. He develops his skills quickly, however, and the next day, demonstrates enough skill to leave the three girls astonished once more. Over the next several days, Izzy spends more and more time with the Joy Jumpers and improves tremendously at Double Dutch, though his boxing skills and punctuality suffer as a result. Tammy, the only girl boxer in the gym and subsequently the object of much ridicule, confides to him after beating him in a match that she knows about his practicing, and promises to keep it a secret in exchange for ceasing the jokes about her, particularly around Chuck, whom she has a crush on which is reciprocated. One day, on his way to practice, Izzy spies some girls in the street jumping rope, which gives him inspiration for his team. He explains to the Joy Jumpers, particularly Mary, that the freestyle routine needed to be redone due to being too boring; he tells them that freestyle should be based on fun, and brings up their childhoods when they enjoyed jumping rope and singing along with it. He takes them to see the girls he saw, which gives them the inspiration

to change up their team. Walking back, they pass by Rodney, who is quick to belittle Izzy and begin to get violent. Mary dumps a cooler of water on his head, and the four run away, Rodney giving up the chase quickly but angrily. Mary confides that she once felt the same way about ballet, but eventually confessed to her mother that she hated it, and her mother easily accepted it. Going back to his own, Izzy meets his father, who sternly confronts him about missing his curfew and a practice match that day. Izzy promises not to be late again, and his dad leaves, leaving Izzy alone with his thoughts. The following day, Rodney and his crony, Hooks, gang up on Izzy at school, but are quickly called off thanks to a passing teacher, who puts them in detention. Later on, Rodney runs by the gym, and upon hearing the music inside, enters to see Izzy and the Joy Jumpers practicing. Gleefully pondering his revenge, he and Hooks snap pictures of them and leave, unseen. After practice, Mary brings up that they have yet to find a fourth player, and Izzy agrees to join the team permanently, on the condition that they change the name to Hot Chili Steppers. They happily agree, and decide to enter a Double Dutch showcase that will be happening three days later. When Izzy tries to leave for the event that day, however, his dad intercepts him, showing that he had bought tickets for the two of them to watch a boxing match. Izzy is left with little choice but to agree to go, leaving his team to put on a disappointing performance, and leading Mary to expel him from the team, despite his apologies. Shauna and Keisha try their hardest to convince Mary to reconsider her decision, but Mary remains obstinate. Her grudge is soon forgotten, however, when Rodney publishes the pictures he took of Izzy and posts them on flyers all over the school, making Izzy a laughingstock. She tries to talk to Izzy that night, but he ignores her, forcing her to give up. Izzy angrily admits that his father was obsessed with boxing, that it was all that they talked about since his mother died, and that he no longer liked the sport, and only did it for him. He finishes by saying that Kenneth had no right to take his life away because he no longer had one, visibly shaking him. Izzy apologizes, and his father quietly accepts the apology before making an excuse to leave. Izzy takes out his anger through training at the gym, where Mary finds him and asks him to rejoin the team. Izzy coldly refuses, stating that he needs to focus on boxing, and rejects Mary even when she begs him. She leaves, heartbroken and disappointed, and Tammy comes over to hold the punching bag Izzy is using. Felix encourages Izzy to listen to her advice. That night, Rodney arrives at the gym as Izzy is leaving, bringing a large crowd with him. He demands again that Izzy gives him the rematch he had requested, and after some mocking, Izzy agrees to it. He leaves the ring, and Rodney angrily follows, but trips on the rope and falls on his back. Rodney looks after him, the narrator revealing that he too was tired of being mad, and was impressed that Izzy had stood up to him. Izzy arrives and apologizes to Mary, who jokes around with him and smiles before handing him a uniform, and all is forgiven. They once again face the Dutch Dragons before the match, Gina and Yolanda snarking at them, confident that they would win. The Hot Chili Steppers ignore them and affirm their solidarity before beginning the competition, Chuck, Earl, Tammy, and even Rodney showing up to watch. In the speed competition, Yolanda beats Izzy by just six steps, tying them for first place and leaving freestyle to determine the winner. Other teams compete while the Hot Chili Steppers look on, and then the Dutch Dragons take their turn. The Hot Chili Steppers take the stage immediately after them, and while doing so, Izzy sees his father and sister entering the arena, greeting him with a smile. Thus encouraged, the Hot Chili Steppers take the stage, performing a series of freestyle jumprope tricks in conjunction with a dance number, for which they earn tumultuous applause. Izzy meets his father afterwards while the judges decide the winners, and he apologizes for pushing boxing so hard, having done it motivated by wanting to connect with Izzy. Finally, seeing Rodney, he confronts him, surprised to find his hostility gone and him admitting that the Double Dutch was cool. They agree on a truce, and Izzy agrees to teach his moves to Rodney later to use in the ring. At last, the judges announce the winners of the State Championship, announcing the third-place winner as the Kung Fu Flyers, and the second place team as the Dutch Dragons. As he is about to announce the first place team, however, the scene cuts to the gym, revealing that Rodney, a couple of years after the event, was telling the story to a group of kids, boxers in training. He reveals that the Hot Chili Steppers went to the State Championship, but did not win until the following year, and that Izzy and Mary were still going strong as a couple. His voiceover states that he tells kids that story all the time, but you would have had to be there that day. The scene cuts back to the judge announcing the Hot Chili Steppers as the first-place winners, who

ecstatically accept their first-place trophy while the Dutch Dragons look in disbelief. Cast[edit] Corbin Bleu as Isadore "Izzy" Daniels, a boxer and son of widowed golden gloves champion. He is bullied by Rodney Tyler, who is insecure and he pretends to like fighting because of his friends. She and Izzy later on become attracted to each other. He has a lot of problems at home and Izzy hates fighting him because it does them no good. She helps Izzy with his problems and gives him advice after people start harassing him because he grows into liking Double Dutch. She has a crush on Chuck. He has a joking personality. He has a crush on Tammy. Paula Brancati as Gina, the arrogant and snarky leader of the Dutch Dragons, the four-time regional champions of Double Dutch. She takes joy in every opportunity she gets to belittle Mary and her team. This is an obvious parody of Red Hot Chili Peppers , a real-life rock band. The version in Spanish dubs the name Salto Extracicante. This led to a failed lawsuit in March [citation needed]. Promotion for the film began in the Summer of , with a poster appearing in the program for the High School Musical Tour. Several videos from the film were also put into heavy rotation on Disney Channel , airing during breaks in regular programming. Corbin Bleu became very good at jumping and even performed some of his own stunts like the donkey kick and pushups, but he did have a stunt double for some of the jumping like back flips and individual jumping. At the end of the movie, Andy Royalle makes a guest appearance as one of the jump-ropers. During the final contest, an actual champion Double Dutch team from Brooklyn makes a cameo. They just happened to be in Toronto for a tournament at the same time the movie was being filmed. The story of Jump In! Special screenings[edit] Jump In! A special screening of the movie with a special dance-along to Push It to the Limit , hosted by the male announcer of Disney Channel.

Chapter 3 : Jump Rope Videos | The Secret To Jumping Double Dutch – Good Turners

Learn the basics of Double Dutch Jump Rope from Stan's Pepper Steppers! We'll show you how to turn the ropes and how to get started jumping. You'll be jumping in no time! Subscribe to the Parents.

In fact, if you have 2 good turners, almost anyone can jump inside Double Dutch. Not too long ago I performed at a few different special needs schools in the Northeast. When I called up a couple volunteers during the show and said we were going to have them jump Double Dutch, I could see some of the workers grimace thinking there was no way their kids could do it. However, within a couple tries, we had every student able to jump and even a few of them doing some turns and basic footwork skills. Work on your turning! There are 2 ways you can get a jumper into Double Dutch. Have them jump in from the outside or have them start in the middle. The easiest place to enter the ropes is from the side of one of the turners. Have your jumper stand close enough to a turner that they can touch their shoulder with ease. When the rope that is closest to the jumper hits the ground, count: You can choose to make the count every time any rope hits the ground, or every time the rope closest to the jumper hits. As that rope lifts up past the jumper have them take one large step toward the middle of the ropes and then jump into the middle. From a turning standpoint, you need to be aware that every jumper jumps at a different speed. I like to have them take a couple jumps outside the rope first so I know about how fast they will be jumping. When they get into the middle they may or may not actually jump that same speed, but at least it will give you an idea of what to expect. However, sometimes you will catch them. If that happens, simply let your arm hang really loose or let go of that rope. Smaller kids can be knocked over by a rope and you can make matters worse if you hold on with a death grip. Exiting Double Dutch is very similar to entering. You want to end up going out next to a turner, we usually advise people to exit the opposite of where they entered. Use the same count as when they entered: Have them practice entering and exiting the Double Dutch ropes quite a few times so the timing begins to stick. After they can get in and out with you counting, have them try counting the ropes by them self so they can do everything on their own. Have them stand in the direct center between both turners, have one rope on each side of the jumper and have them start jumping up and down. I usually have people stick their arm straight out to the side so that rope is completely out of the way. Watch your jumpers feet and swing the rope underneath them. This does take a bit of practice to get the ropes going without slapping them together or smacking your jumper in the head so practice it a few times without your jumper first. If you find that your jumper switches their jumping style once the ropes start turning, you may want to try a little trick – have them jump with their eyes closed. When their eyes are closed you eliminate this problem and it speeds the process of them jumping inside the ropes. Once the ropes are going, tell them to keep jumping high and open their eyes. If they switch back into a double bounce, start over again with their eyes closed and try again. As with everything in jump rope, practice, practice, practice. Double Dutch is quite rewarding once you get it, but it does take some time to get it down. If reading about all this makes your head dizzy, watch the instructional videos in our Double Dutch section on beginner Double Dutch. Learn how to Jump Double Dutch like a Pro! Learn from our extensive video library that contains detailed instructional videos on jump rope skills. From Basic to advanced, our World Champion and Guinness World Record holding instructors will help you jump rope like a pro! We have over 4 hours of Double Dutch specific content.

Chapter 4 : Charlotte | United States | Jumping Dreams Double Dutch

Cable double dutch ropes are used by the top double dutch teams in the world. These ropes turn with great ease and help with turner's arm fatigue. High level competition jump ropes.

This neglect leads to most people having trouble ever getting a jumper in and therefore they quit. So let's break this fundamental skill down into some bit size pieces. Oh yeah! Do all these without a jumper. You need to be able to turn before you can have a jumper in the middle strutting there stuff. Here are 7 tips to help you turn Double Dutch like a pro! You can use cloth, beaded, speed, leather, etc. Every type has their pluses and minuses, but everyone will work. Try a few different types to find what feels most comfortable for you. The thing that is important is the length. Whatever length you choose, make sure that both ropes are the same length! Wall-e Having good form is critical to mastering Double Dutch. You can start out turning with someone, but a quick drill that you can do just about anywhere by yourself is actually a great way to start. Find 2 pencils, sticks, jump rope handles or something similar. You want your hands to be working opposite of each other, so when one hand is up, the other is down. Also, you want your turning motion to be toward the center of your body for normal turning. Your handles should also never leave the wall. The point of this exercise is to familiarize yourself with turning circles and keeping your hands at the same distance from your body. Wax on, wax off. Mirror, Mirror on the wall! Symmetry is very important to making Double Dutch work well. Think of the center of your body as a mirror. Your hand should never cross the midpoint of your body and both hands are doing exactly the same thing, albeit at different times. Ask them to do the same for you. Can You Hear Me Now? Turning Double Dutch correctly should make a very even, consistent sound as the ropes hit the floor. It should be not "clack", etc. Use your ears and make sure that the ropes are making a nice even sound as you go. Beaded jump ropes are the best type to use if you really want to hear the ropes as you turn Double Dutch. Well! that depends on the jumper. Try to turn as slow as you can, then slowly speed up and go as fast as you can. The key to remember while doing this, make good circles! That should get you started with turning. These tips will help you get past some of the common mistakes that people make, but just like swimming, you have to jump in the water to actually learn. Get out there and practice. If you really want to get good at this, practice with different people. Turn with as many people as possible and this will force you to develop a good turning technique. If reading all this makes you loopy and you need to watch it in action, jump over to our Double Dutch section of the site and watch the videos on beginner Double Dutch. We have hours of detailed instructional videos that will teach you how to turn Double Dutch like a pro in no time! Learn how to Double Dutch like a Pro! Learn from our extensive video library that contains detailed instructional videos on jump rope skills. From Basic to advanced, our World Champion and Guinness World Record holding instructors will help you jump rope like a pro! We have over 4 hours of Double Dutch specific content.

Chapter 5 : Jumping Double Dutch | Family Guy Wiki | FANDOM powered by Wikia

Learn how to Jump Double Dutch like a Pro! Learn from our extensive video library that contains detailed instructional videos on jump rope skills. From Basic to advanced, our World Champion and Guinness World Record holding instructors will help you jump rope like a pro!

Chapter 6 : Double Dutch (jump rope) - Wikipedia

In competitive Double Dutch, there are two types of teams--a single team with three members (two turners, one jumper), and a double team with four members (two turners, two jumpers). The competition, according to American Double Dutch League (ADDL) rules, is composed of three tests.

Chapter 7 : Double Dutch Jump Rope | eBay

DOWNLOAD PDF JUMPING DOUBLE DUTCH

body temple Speed Jump Rope with Swivel Ball for Flawless Rotation - Adjustable for All Heights - Ideal for Double Under Crossfit, WOD.

Chapter 8 : Double Dutch - Jump In! Clip | Disney Video

At Jumping Dreams DD Charlotte's non-profit recreational performance and competitive double dutch team, we offer an opportunity for boys and girls in the Charlotte area to learn the art of jump rope.

Chapter 9 : Jump Ropes - Double Dutch Jump Rope | US Games

The 38th Annual Double Dutch World Championships were held in Sumter, SC June