Spoke

Skill Prerequisite: Single Long Rope Entering (Front Door and Back Door) and Single Long Rope Exiting

Explanation:
1. Four 5.0m ropes are set up to be turned as ‘spokes’ of a wheel
2. Ropes turn towards the jumpers
3. Jumpers enter and exit each rope, then move to the next
4. Jumpers may perform different foot patterns in each rope

Tips: Practice back door and front door entries

Cue: One, two, ready, in, one, two, ready, out

Long and Short

Skill Prerequisite: Single Long Rope Entering Front Door, Basic Jump and Single Long Rope Exiting

Explanation:
1. Jumper holds short rope behind, runs in and jumps in the long rope
2. Jumper turns the short rope in time with the long rope and jumps

Tips: Jumper watches turners hand to match speed of rope turning
Face the same way as the long rope is being turned

Cue: One, two, ready, in, one, two, ready, go

Umbrella (Rainbow or One in Two in Long)

Skill Prerequisites: Long and Short

Explanation:
1. A 5.0m rope is turned
2. Two jumpers enter with a 3.0m rope, turning their rope while jumping the 5.0m rope
3. A third jumper runs into the two turning ropes with a short rope that they turn in time with the other two ropes

Tips: Exaggerate the slow turning of all the ropes to match the longest rope
All the turners need to make sure they are watching the feet of the jumpers

Cue: One, two, ready, in, one, two, ready, go, one, two, ready, in