

NAWATOBI



A high-intensity sport all the way from Japan to Quebec!



Nawatobi is a rope jumping sport that involves performing a variety of jump routines. Nawatobi can be practiced on a type of trampoline called a «power board,» which allows a broader range of skills to be performed during a routine.

(For DIY instructions on building a power board, see p. 8 - 9)

EQUIPMENT

- Jump rope
- List of skill sequences
- Power board (optional)

! – TIPS AND TRICKS

How to adjust a jump rope

Place one foot on the middle on the rope. The two ends should reach up to your belly button.

STEP 1

Learn the basic jumps

→ Watch Video 1 to get a better idea of the 5 basic jumps

- 1 JUN (J)**
Arms at hip height: standard jump
- 2 KOH (K)**
Arms crossed in front of body
- 3 CONGO (C)**
One arm in front, one arm behind
- 4 SOCK (S)**
Both arms on one side *without jumping*
- 5 HIGHMEN (H)**
Arms crossed behind body

Note All jumps can be done while swinging the rope forward or backwards.

Regardless of age group, all campers must start by learning jumps on the ground before doing combinations.

Some campers may have difficulty with certain jumps. All campers can move on to Step 2 once they can do at least 2 jumps.

You can give each camper a copy of the skills progression table in the appendix. Campers can keep track of their progress by ticking the jumps they can successfully perform.



Special collaboration:



Fédération Sportive
Nawatobi Québec

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STEP 2

Combinations

→ Watch Video 2 to get a better idea of how to perform combinations.

5 basic jumps can be combined to perform an almost endless number of skills.

For example, by alternating between «J» and «K», a camper performs the «J.K» skill. The period indicates contact with the ground between «J» and «K». Without the period, the skill is called «JK», which means «J» and «K» are performed on the same jump. That means the number of letters represents the number of times the rope passes under the camper's feet before they make contact with the ground. Ex.: JJJ = 3 rotations.

GOAL: COMBINE SKILLS IN SEQUENCES TO PERFORM ROUTINES.

STEP 3

Creating routines

→ Watch Video 3 for examples of routines.

This is where you start making greater use of the power board. The power board makes it easier to learn new skills by providing more air time in which to perform them.

A routine consists of five (5) different skills performed twice (2 times) or four (4) times each, for a total of twenty (20) jumps. In general, a skill is performed four (4) times before moving on to the next skill.

Here are some examples of routines you can use. You can also have campers create their own routines.



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BEGINNER ROUTINE



1 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J	4	4	– 4 standard jumps
S.J	4	4	– 1 rope swing with both arms to the left – 1 standard jump – 1 rope swing with both arms to the right – 1 standard jump
K	4	4	– 4 jumps with arms crossed in front
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
S.K	4	4	– 1 rope swing with both arms to the left – 1 jump with arms crossed in front – 1 rope swing with both arms to the right – 1 jump with arms crossed in front

2 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
S.J	4	4	– 1 rope swing with both arms to the left – 1 standard jump – 1 rope swing with both arms to the right – 1 standard jump
K	4	4	– 4 jumps with arms crossed in front
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
J	4	4	– 4 standard jumps
JJ	4	4	– 4 double rotations (swing the rope twice)

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BEGINNER ROUTINE



3 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J	4	4	– 4 standard jumps
K	4	4	– 4 jumps with arms crossed in front
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
S.K	4	4	– 1 rope swing with both arms to the left – 1 jump with arms crossed in front – 1 rope swing with both arms to the right – 1 jump with arms crossed in front
SK	4	4	– Alternate S and K in the same jump

4 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J.KK	2	4	– 1 standard jump – 1 double rotation with arms crossed in front – 1 standard jump – 1 double rotation with arms crossed in front
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
J	4	4	– 4 standard jumps
K	4	4	– 4 jumps with arms crossed in front
S.K	4	4	– 1 rope swing with both arms to the left – 1 jump with arms crossed in front – 1 rope swing with both arms to the right – 1 jump with arms crossed in front



INTERMEDIATE ROUTINE - NOVICE

1 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J	4	4	– 4 standard jumps
J.J	4	4	– 4 double rotations (swing the rope twice)
K	4	4	– 4 jumps with arms crossed in front
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
JJ.K	2	4	– 1 double rotation standard jump – 1 jump with arms crossed in front – 1 double rotation standard jump – 1 jump with arms crossed in front

2 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J.K	2	4	– 1 standard jump – 1 jump with arms crossed in front – 1 standard jump – 1 jump with arms crossed in front
S.J	4	4	– 1 rope swing with both arms to the left – 1 standard jump – 1 rope swing with both arms to the right – 1 standard jump
JJ.K	2	4	– 1 double rotation standard jump – 1 jump with arms crossed in front – 1 double rotation standard jump – 1 jump with arms crossed in front
JJ	4	4	– 4 double rotations (swing the rope twice)
J.KK	2	4	– 1 standard jump – 1 double rotation with arms crossed in front – 1 standard jump – 1 double rotation with arms crossed in front



ADVANCED ROUTINE - JUNIOR

1 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J.K	2	4	<ul style="list-style-type: none"> - 1 standard jump - 1 jump with arms crossed in front - 1 standard jump - 1 jump with arms crossed in front
JJ.K	2	4	<ul style="list-style-type: none"> - 1 double rotation standard jump - 1 jump with arms crossed in front - 1 double rotation standard jump - 1 jump with arms crossed in front
JJ	4	4	- 4 double rotations (swing the rope twice)
K	4	4	- 4 jumps with arms crossed in front
J.KK	2	4	<ul style="list-style-type: none"> - 1 standard jump - 1 double rotation with arms crossed in front - 1 standard jump - 1 double rotation with arms crossed in front

2 —

SKILL NAME	NUMBER OF REPETITIONS	TOTAL JUMPS	DESCRIPTION
J.H	2	4	<ul style="list-style-type: none"> - 1 standard jump - 1 jump with arms crossed behind - 1 standard jump - 1 jump with arms crossed behind
JJ	4	4	- 4 double rotations (swing the rope twice)
KK	4	4	- 4 doubles jump with arms crossed in front
JJ.KK	2	4	<ul style="list-style-type: none"> - 1 double rotation standard jump - 1 double rotation with arms crossed in front - 1 double rotation standard jump - 1 double rotation with arms crossed in front
JK	4	4	- Alternate J and K in the same jump

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PROGRESSION TABLE



→ Skill progression table

Give a copy to each camper in your group and place a tick on the page once they can properly execute the skill or sequence.

— NAME:

Decorative blue lines and a pencil icon for writing the name.

J	K	H <i>Optional</i>	S.J	J.K.	S.K	K

S.C	JJ.J	JJ.K	JJ	J.H	SK	J.KK



→ *Optional*

If you want to build a power board, here are the instructions.

HOW TO BUILD A POWER BOARD

A power board is a springy sheet of wood on 4 blocks (one stuck to each corner).

STEP 1

The right board

- We recommend using plywood made from Baltic birch or poplar because it is both springy and durable and can bend without breaking.
- Plywood sheet dimensions: 19 mm x 1,220 mm x 2,440 mm (¾" x 48" x 96")

STEP 2

You can buy factory-made blocks or make them yourself

OPTION 1:

VINYL-COATED, FACTORY-MADE BLOCKS

- Magique sports equipment, 514-255-4552, www.magique.ca kevinrichardcorbett@yahoo.ca
- \$115/set of 4 blocks, sticky-back strips of velcro fabric (hook and loop) included.

OPTION 2:

MAKING YOUR OWN (4 BLOCKS)

- Polystyrene foam. This material is used to package computers, scientific equipment, and other fragile items. Panels are glued or heat-fused together to create blocks of the desired dimensions.

- To make your own blocks, stick the panels together using Premier Ultrasik contact adhesive spray.

- Block dimensions: Approximately 7" wide x 11" long x 6"-10" high

— GLUE

(to make your own blocks) Fransyl Izolon: Premier Ultrastick glue, \$18.00/can
Mtl 514-321-2055; Quebec City 418-650-2110; Ottawa 613-247-2055 www.fransyl.com

STEP 3:

- Stick the velcro to the blocks.
- The blocks are held onto the board with velcro.
- Stick 2"-wide strips of soft (i.e., loop) velcro to the tops of the blocks and 2"-wide strips of rough (i.e., hook) velcro to the bottom of the board. Use sticky-back velcro.
- **VELCRO:**
Magique sports equipment (\$1/ft.)
514-255-4552, www.magique.ca kevinrichardcorbett@yahoo.ca





→ *Optional*

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