

# 跳繩樂

Rope Skipping for Fun



## 引言

早前公布的「普及健體運動—社區體質測試計劃」調查結果顯示，香港市民普遍運動量不足，不利於維持身體健康。要提升體質和健康水平，市民應把運動融入日常生活，建立健康的生活模式。只要每天參與至少30分鐘（每次不少於10分鐘）的中等或以上強度體能活動，可為身體帶來莫大裨益。

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。



## 跳繩的益處

1. 可同時鍛鍊身體各部位，手、足、腦並用，令身手更靈活；
2. 增強心肺功能，促進血液循環；
3. 減低患上心血管病、高血壓、中風和二型糖尿病的風險，並有助預防部分癌症（例如大腸癌）；
4. 強化肌肉，並有助減低骨質疏鬆的風險；
5. 增加關節靈活性和柔軟度，減低受傷和跌倒的風險；
6. 紓緩壓力，增強自信，促進心理健康；以及
7. 有助消耗熱量<sup>#</sup>，保持理想體重。

<sup>#</sup>了解體能活動與熱量消耗，有助控制體重：

例如：連續跳繩30分鐘，而強度為每分鐘60-80次，熱量消耗表列如下：

體重（公斤）	50	55	60	65	70
熱量消耗（千卡）	210	230	250	270	310

（註：以上例子僅供參考，實際消耗的熱量會因個別人士的年齡、性別、體能、技術水平及運動的劇烈程度等而有所不同）

# 繩樂

## Rope Skipping for Fun



### Introduction

According to the findings of the “Healthy Exercise for All Campaign-Physical Fitness Test for the Community” released earlier on, in general, Hong Kong people were not doing enough physical exercise to maintain good health. To improve their physical fitness and health, they should build exercise into their daily life and develop a healthy lifestyle. An accumulation of at least 30 minutes of aerobic exercise (at least 10 minutes per session) of moderate or above intensity will bring great benefits to 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.

### Benefits of Rope Skipping

1. Involving the co-ordination of your hands, feet and brain, and exercising different parts of your body to improve body agility;
2. Improving your cardiopulmonary functions and blood circulation;
3. Reducing the risk of developing cardiovascular disease, hypertension, stroke and type II diabetes mellitus and preventing some types of cancer (e.g. colorectal cancer);
4. Strengthening your muscles and reducing the risk of osteoporosis;
5. Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls;
6. Relieving stress, boosting confidence and improving mental health; and
7. Helping to burn calories<sup>#</sup> to help you maintain a healthy body weight.

<sup>#</sup>To learn more about the calories expended during physical activities will help weight management:

**Example: Rope skipping for 30 minutes continuously at the intensity of 60-80 per minute, the amount of calories expended are as follows:**

Weight (Kg)	50	55	60	65	70
Calories Expended (kcal)	210	230	250	270	310

*(Note: The examples shown above are for reference only. The actual amount of energy burnt may vary with individuals' age, gender, physical fitness, skill level and intensity of exercise, etc.)*

# 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. Too long or too short a rope will hamper skipping movements.

### 量度方法 How to measure

雙腳踏著繩子的中央，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 (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 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 takes 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 forwards 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，深呼吸，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 help your body temperature, breathing and heartbeat rate return to normal.

# 花式跳繩推介 Skills Recommendations

## A. 個人花式 Single Freestyles

1. 左中右跳  
Single Side Swing



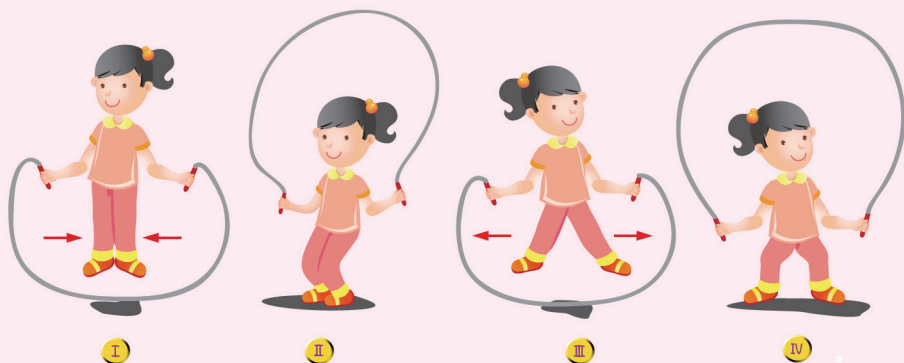
2. 左右鐘擺跳  
Side Bell



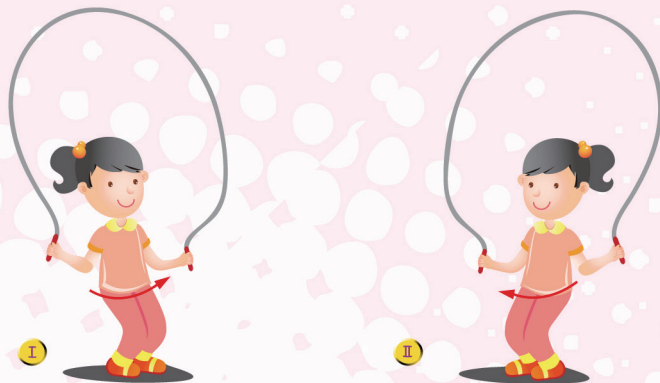
3. 前後繩交叉跳  
Front and Back Cross



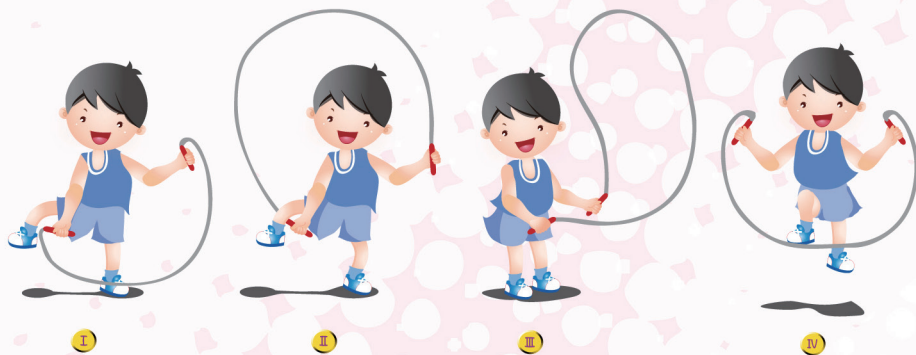
#### 4. 開合跳 Side Straddle



#### 5. 扭動跳 Twister



#### 6. 跨下一跳 Crougar



7. 胯下二跳  
Toad



8. 單腳跳  
One Foot Jump



9. 腳跟跳  
Heel to Heel





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)

- Ⅰ 第一跳: 提膝跳
- Ⅱ 第二跳: 雙腳跳
- Ⅲ 第三跳: 踢腿跳
- Ⅳ 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)

擺繩花式一 Skill 1



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

## 擺繩花式二 Skill 2



I



II



III

I II III

之後向相反方向解繩

Unwrap the rope in the opposite direction

## 擺繩花式三 Skill 3



I



II

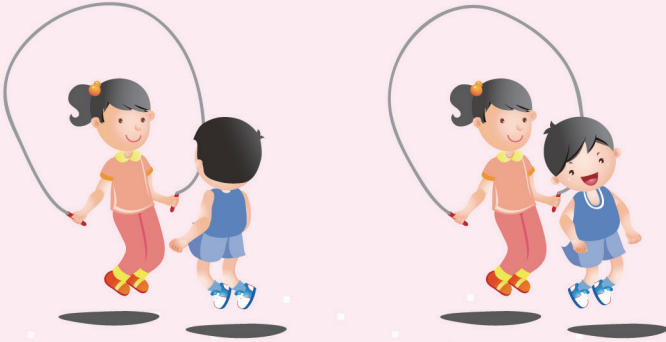


III

## B. 雙人花式 Pair Freestyles

### 1. 朋友跳 (可加轉身跳或擺繩者出入等動作)

Jumping Together with One Turner (The jumper may turn around his/her body and the turner may run in and out of the rope)



### 2. 單側迴旋跳

Taking Turns Jumping while Sharing a Rope



### 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 jumpers can be adjusted freely. If the ropes have no handles, the turners should revolve the ends of the ropes when jumping)



#### 5. 車輪跳

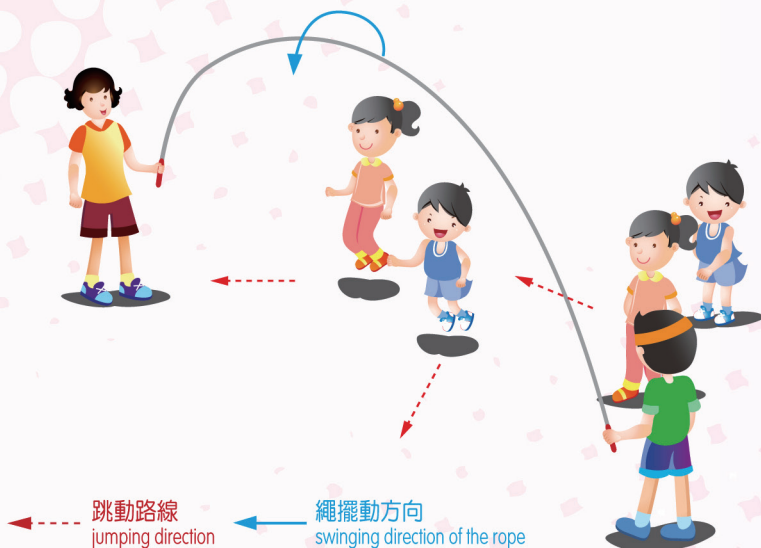
Chinese Wheel



### 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 Jump (You may invent skills such as finger-guessing, passing the ball, trading places and group dancing, etc.)

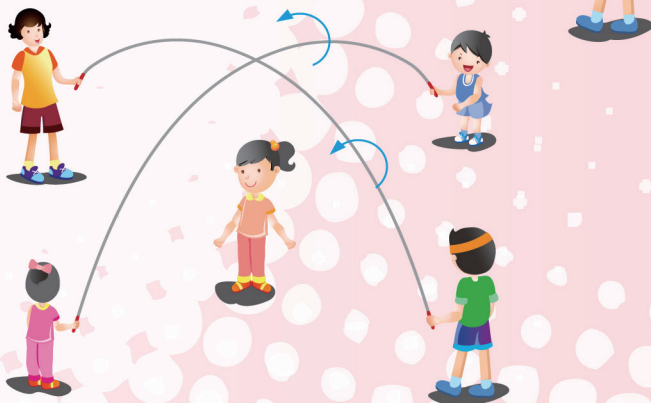


2. 大繩繩中繩 (基本上所有集體花式都可以加入繩中繩動作, 若技術許可, 更可加入雙人花式)

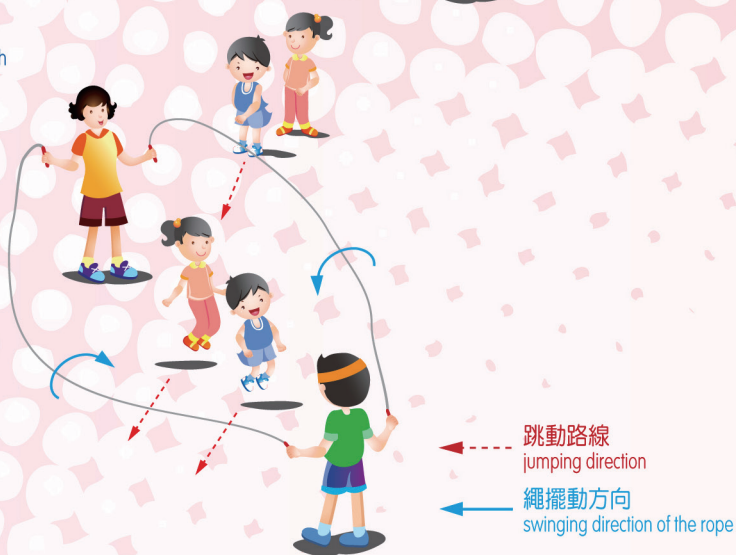
Long Rope with Individual Skills (Basically, all team freestyles may include skills inside the ropes or even the pair freestyles if the jumpers have mastered the necessary skills)



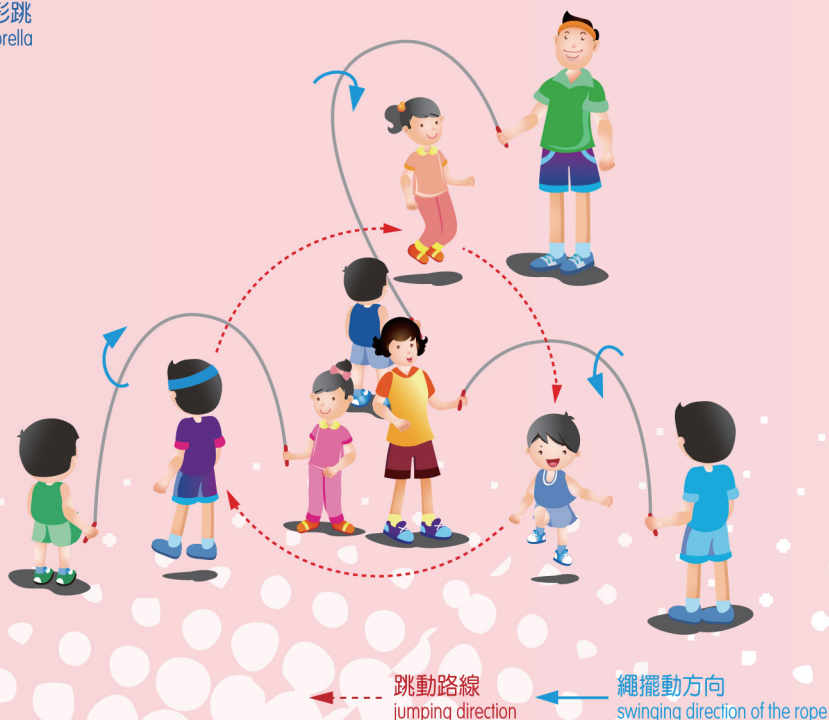
3. 十字繩  
Egg Beater



4. 交互跳  
Double Dutch



## 5. 傘形跳 Umbrella



\* 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.

查詢活動詳情，請致電康樂及文化事務署二十四小時客務熱線：2414 5555  
或瀏覽本署網頁 [www.lcsd.gov.hk/healthy/b5](http://www.lcsd.gov.hk/healthy/b5)

查詢健康資訊，請致電衞生署二十四小時健康教育熱線：2833 0111  
或瀏覽衞生署中央健康教育組網頁 [www.cheu.gov.hk](http://www.cheu.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](http://www.hkrsa.com)

For details about the activities, please call the Leisure and Cultural Services Department 24-hour hotline at 2414 5555, or visit the website of the department at [www.lcsd.gov.hk/healthy/en](http://www.lcsd.gov.hk/healthy/en)

For information on health, please call the 24-hour health education hotline of the Department of Health at 2833 0111, or visit the website of the Central Health Education Unit of the department at [www.cheu.gov.hk](http://www.cheu.gov.hk)

For enquiries about rope skipping, please call the Hong Kong Rope Skipping Association, China at 9464 9750, or visit the website of the association at [www.hkrsa.com](http://www.hkrsa.com)

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