

You're doing it wrong.

Probably. Here are the 5 most common jump rope mistakes and how to fix each one in under 10 minutes.

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Look, we've all been there...

The rope clips your feet for the hundredth time, you've had enough of this nonsense, and you're two bad jumps away from throwing your rope halfway across the gym. *(Please don't do it. Safety hazard. But I can't be the only one who's at least thought about it.)*

Before you let frustration get the better of you, check if you're making one of the five most common jump rope mistakes. Each one has a simple fix that takes just a few minutes to learn — and any one of them could dramatically change how your next session feels.

1

The Death Grip

You're squeezing the handle like you're trying to choke it. Your wrists are locked up, and your forearms burn out in minutes. The tighter you grip, the less control you **actually** have — it's a strange thing to get your head around, but it's true. Stop the death grip.

THE FIX:

Think of gripping the handle as though you're holding a baby bird... not so loose that it flies away, but not so tight that you crush it. That middle ground relaxes the wrist, smooths out your rotation, and lets the rope do its job.

Pro tip: your hold should be closer to the handle head (the end of the handle attached to the rope) to unlock more precision.

2

Stomping the Landing

Ever had shin splints? Painful. Annoying. And prevention is so much better than cure.

Listen to your feet as you jump. If it sounds like you're trying to crack the pavement with each rep, your landing technique is off. Landing flat-footed and/or heel-first will send a jarring force

straight up through your legs. That's how shin splints start, and once they arrive, they don't leave quietly.

THE FIX:

Stay soft in the joints. Land on the balls of your feet with a slight bend in the knees — try to bounce rather than stomp. Your feet should cooperate with the ground, not fight it.

3

Jumping Too High

The rope is only a few millimetres thick, so why the high jumps? If you're launching yourself six inches off the ground every rotation, you're wasting energy, killing your rhythm, and giving the rope more time to do something unpredictable on its way back around.

THE FIX:

Jump just high enough to clear the rope — roughly 2–3 centimetres. The lower your jump, the faster you can go (because you decrease the time between jumps) and the less your legs fatigue. To do this well, you must get a bit sharper with your timing.

Remember this: High jumping usually indicates a timing problem, not a fitness one.

4

Flappy Arms

Big arm circles are sabotaging your progress. The rope rotation should come from the wrists, not the elbows, and **definitely** not the shoulders. When your arms do the work, the rope travels a wider, slower, less controllable path.

THE FIX:

Keep your elbows close to your body. Imagine your upper arms are tied to your sides. Now rotate using only your wrists and forearms. The movement should feel small and tight. Picture a cowboy in a cartoon spinning a lasso at speed — it's all in the wrist. And speaking of the wrists, that brings us to our final most common mistake...

5

Poor Hand Position

Many people think that when the rope clips them, it can only be a footwork problem. Sometimes the real culprit is simpler: the handles are just in the wrong position.

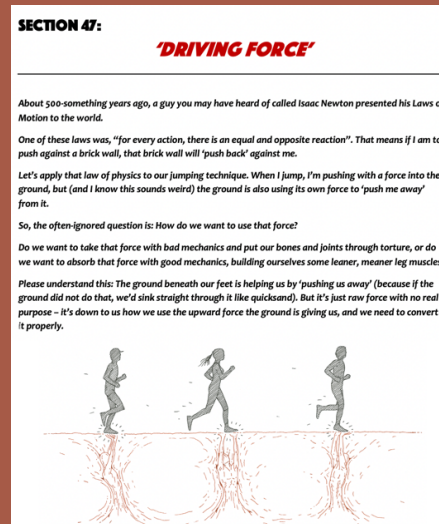
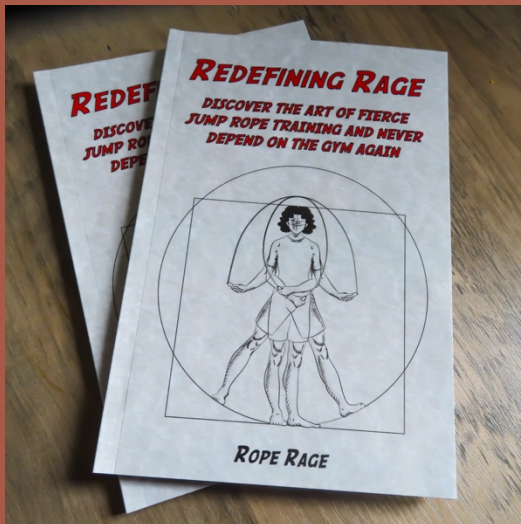
If your hands are too wide, too high, or too far back, the rope arrives at your feet at the wrong point in its arc. You'll clip yourself no matter how well-timed your jump is.

THE FIX:

Your handles should sit in your hipbone area, positioned just slightly ahead of the frontal plane of your body.

Tuck your elbows slightly back to allow your hands to operate in the right area. Doing this will allow the rope to pass **directly under your foot**, exactly where it needs to be. Once the hand positioning is right, half the clipping problems fix themselves without changing anything else.

"OK, this is helpful, but I need more..."



These 5 fixes are pulled from *Redefining Rage* — the training handbook with full illustrations and 50+ chapters on technique, timing, handling, mentality, and more. It's available as an e-book (instant download), or you can get the Collector's Edition paperback (stock is limited).

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And for video breakdowns of every technique in this guide and hundreds more, search Rope Rage on YouTube, TikTok, and Instagram.

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