



# R & T Notes

## Ten Good Handling Tips

1. Stand correctly.
2. Relax.
3. Keep the rope taut.
4. Arms straight at both strokes.
5. Hands together at both strokes.
6. Guide the rope straight down.
7. Look ahead.
8. Tail to the rear of the sally.
9. All fingers round the sally at handstroke.
10. Constantly review your handling: we all lapse into lax ways.