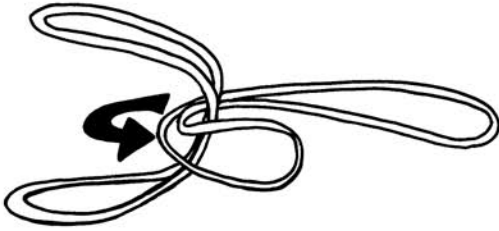
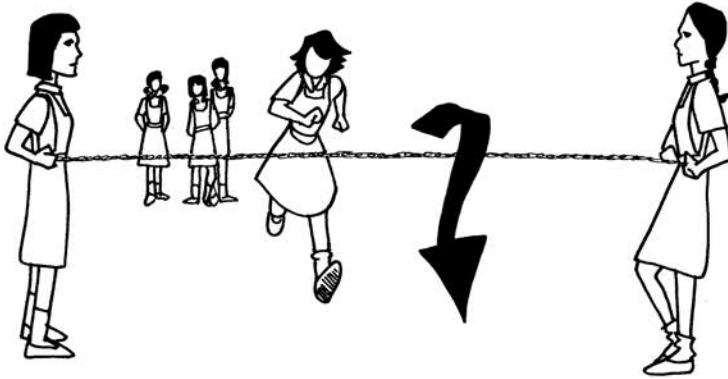


# PLAYING TALI GETAH

USING RUBBER BANDS THAT ARE ROUGHLY THE SAME SIZE, JOIN THEM AND KNOT THE ENDS TO FORM A LONG ROPE.



PLAYING EITHER AS INDIVIDUALS OR IN TEAMS, EACH PERSON MUST JUMP OVER THE ROPE AT EACH LEVEL: GROUND, ANKLE, KNEE, WAIST, CHEST, SHOULDER, EAR, TOP OF HEAD.



FOR GROUND, ANKLE, AND KNEE LEVEL, PLAYERS MUST CROSS OVER WITHOUT THEIR LEGS TOUCHING THE ROPE. FOR WAIST LEVEL ONWARDS, PLAYERS ARE ALLOWED TO LET THEIR LEGS TOUCH THE ROPE AS LONG AS THEY GO OVER.

PLAYERS WHO TOUCH THE ROPE BEFORE WAIST LEVEL OR DO NOT GO OVER THE ROPE ARE "OUT."



TIP: THE BEST WAY TO GO OVER THE ROPE IS **NOT** A FULL LEAP ACROSS, AS THAT CAN ONLY TAKE YOU SO HIGH ...



... BUT TO FLIP EACH LEG OVER, ALMOST LIKE A LITTLE SPIN. THAT WAY, IT IS POSSIBLE TO CROSS THE ROPE AND MAKE IT ALL THE WAY TO THE FINAL LEVEL.

HAVE FUN PLAYING!

ILLUSTRATED BY LYNN LAU