

**FOR IMMEDIATE RELEASE:**

*Learn the coolest tricks from “The World’s Best Rope Jumper\*.”*  
\*Ripley’s Believe It or Not

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**COOL JUMP-ROPE TRICKS YOU CAN DO!**

**MINNEAPOLIS (June 23, 2014)** – Guinness World Record holder, David Fisher, will change the way kids think about rope jumping with ***Cool Jump-Rope Tricks You Can Do!*** (Softcover, \$11.99, On-Sale August 12, 2014). With this book, kids ages 5 to 13 can learn all of the basics—as well as more advanced tricks—while building confidence, staying fit, and having fun!

Beginners will learn basic footwork, rope-swinging and jumping skills which enable them to get started—with no previous experience necessary. Intermediate and advanced jumpers will find new moves and techniques to challenge and push their jumping to the next level, enabling them to create their own jump-rope tricks and routines. It’s like a private lesson from the world’s best rope jumper!

***Cool Jump-Rope Tricks You Can Do!*** includes over 100 skills and tricks with helpful hints, personal notes, step-by-step photos, and simple, clear instructions kids can use to master the techniques. Fisher also covers practical topics like selecting the right type and length of rope, the best jumping surfaces, warming up, proper jumping form, making mistakes, and safety. The 9 7/8" x 7 5/8"-wide format lies open so jumpers can review each trick before trying it themselves.

**David Fisher** (a.k.a. the Rope Warrior) has entertained millions of fans throughout the world and is the current Guinness World Record holder for the most “rump jumps” (jumping rope while reclining on his bottom) in one minute. He has made over 100 national television appearances and has performed for Presidents Clinton and George W. Bush. Since 1993, David has performed live for over five million school children across the country.

To request a copy of ***Cool Jump-Rope Tricks You Can Do!*** or to schedule an interview with David Fisher, please contact Thomas Nelson, Meadowbrook Press, at 800-388-2232, ext. 109, or email him at [tnelson@meadowbrookpress.com](mailto:tnelson@meadowbrookpress.com).

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