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[Traditional Chinese jump ropes](#) are strings of rubber bands tied together, but today many varieties of commercial rope exist. Two players face each other standing 9 feet (3 m) apart, and position the rope around their ankles so that it is taut.

[Chinese jump rope - Wikipedia](#) : [en.wikipedia : wiki : Chinese\\_jump\\_rope](#)

[Raccoon Circle](#) (webbing or rope) Place either a piece of webbing or a rope tied in a circle on the ground. Tell group that everyone must get out from under the circle without using their hands. Give group time to form a strategy.

[Icebreakers, Team Builders and Debrief Activities Supplement](#) : [living : families : adolescent health : pdf : icebreakers-en...](#)

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[4Motion](#) o nome patentado para todos os sistemas de tração a todas as rodas integrados nos carros Volkswagen, 1, 2 e 3, em 1977. Antes disso, as versões com tração a todas as rodas eram denominadas de "Synchro".

Que 1, 2 e 3, a Tração Integral, ou 4x4, um sistema de transmissão de energia que envia potência para as quatro rodas de um veículo, ao invés de apenas duas.