

CANskip

Rope Skipping Canada
www.ropeskippingcanada.com

Progress Booklet

Single Rope
Levels 1-6

Version 2012.1



 Skipper's Name

Single Rope

Basic Jumps

Playground Bounce x 8

Successful Completion of the Skill

Masterful Completion of the Skill

Double Bounce x 8

Single Bounce x 8

Backward Double Bounce x 8

Feet Together Skills

Skier x 4

Successful Completion of the Skill

Masterful Completion of the Skill

Bell x 4

Box x 4

Twister x 4

Rope Traps

Two-foot Rope Trap x 4

 Coach's Signature

 Date



 Skipper's Name

Single Rope

Footwork Skills

- Single Bounce x 12
- Side Straddle x 4
- Front Straddle - Right x 4
- Front Straddle - Left x 4
- Front Straddle Combo x 4
- X-Step x 4

<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Backward Skills

- Backward Double Bounce x 12
- Backward Single Bounce x 8

<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Rope Trap Skills

- Right Foot Trap x 4
- Left Foot Trap x 4

Armwork Skills

- Side Swing - No jumps x 4
- Side Swing - Left, Right, Open x 4
- Side Swing - Right, Left, Open x 4

 Coach's Signature

 Date



 Skipper's Name

Single Rope

Footwork Skills

Single Bounce x 24

<input type="checkbox"/>	<input type="checkbox"/>
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Rhythm & Footwork Skills

Rhythm Change x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Alternating Step x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Hopscotch Bounce, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Hopscotch Bounce, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Hopscotch Bounce Switch x 4

<input type="checkbox"/>	<input type="checkbox"/>
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High-Knee, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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High-Knee, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Heel Tap, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Heel Tap, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Heel Tap Switch x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Toe Tap, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Toe Tap, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Toe Tap Switch x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Low Kick, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Low Kick, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Successful Completion of the Skill

Masterful Completion of the Skill

Backward Skills

Single Bounce, Backward x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Armwork Skills

Side Swing Jump, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Side Swing Jump, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Cross, Right over Left x 4

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Cross, Left over Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Cross, Alternating x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Strength Skills

Basic Push up x 1

<input type="checkbox"/>	<input type="checkbox"/>
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Mountain Climber x 1

<input type="checkbox"/>	<input type="checkbox"/>
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Successful Completion of the Skill

Masterful Completion of the Skill

 Coach's Signature

 Date



Skipper's Name

Single Rope

Footwork Skills

Single Bounce x 50

Rhythm & Footwork Skills

One Foot Jump, Right x 4

One Foot Jump, Left x 4

Boxer x 4

Alternating Step x 24

Heel-Toe, Right x 4

Heel-Toe, Left x 4

Heel-Toe Switch x 4

Hopscotch Kick, Right x 4

Hopscotch Kick, Left x 4

Straight Kick, Right x 4

Straight Kick, Left x 4

Can Can, Right x 4

Can Can, Left x 4

Can Can, Alternating x 4

Successful Completion of the Skill

Masterful Completion of the Skill

Armwork Skills

Side Swing Cross, Right x 4

Side Swing Cross, Left x 4

Side Swing Cross, Alternating,
slow without Jumps x 4

Side Swing Cross, Alternating,
with Jumps x 4

Backward Skills

Side Straddle, Backward x 4

Front Straddle, Backward x 4

Front Straddle Combo,
Backward x 4

Front Straddle Switch,
Backward x 4

Multi-Under Skills

Double Under x 1

Strength Skills

Basic Donkey Kick x 1

Successful Completion of the Skill

Masterful Completion of the Skill

Coach's Signature

Date



Skipper's Name

Single Rope

Rhythm and Footwork Skills

Side Straddle with a Cross x 4	<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
Skier with a Cross x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Bell with a Cross x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle with a Cross x 4	<input type="checkbox"/>		<input type="checkbox"/>	
X Step with a Cross x 4	<input type="checkbox"/>		<input type="checkbox"/>	
High-Knee with a Cross, Alternating x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rotation Skills

180° Turn, Forward to Backward, Right x 4	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Backward to Forward, Right x 4	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Forward to Backward, Left x 4	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Backward to Forward, Left x 4	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, Right x 4	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, Left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, Right x 4	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, Left x 4	<input type="checkbox"/>	<input type="checkbox"/>

Backward Skills

Rhythm Change, Backward x 4	<input type="checkbox"/>	Successful Completion of the Skill	<input type="checkbox"/>	Masterful Completion of the Skill
High-Knee, Backward, Right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
High-Knee, Backward, Left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Tap Switch, Backward, x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Toe Tap Switch, Backward, x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Swing, Backward, Left, Right, Open x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side Swing, Backward, Right, Left, Open x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross, Backward, Right over Left x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross, Backward, Left over Right x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, Backward, Right x 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, Backward, Left x 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, Backward, Right x 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, Backward, Left x 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi-Under Skills				
Double Under followed by 4 jumps x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Double Under (consecutive) x 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature

Date



Skipper's Name

Single Rope

Multi Under Skills

Double Unders, Consecutive x 10

<input type="checkbox"/>	<input type="checkbox"/>
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Footwork/Armwork Skills

Straight Kick with a Cross, Right x 4

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Straight Kick with a Cross, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Can Can with a Cross on High-Knee, Right x 4

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Can Can with a Cross on High-Knee, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Can Can with a Cross on Straight Kick, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Can Can with a Cross on Straight Kick, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Backward Skills

Boxer, Backward x 4

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Alternating Step, Backward x 24

<input type="checkbox"/>	<input type="checkbox"/>
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Side Swing Cross, Backward, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Side Swing Cross, Backward, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Double Under, Backward x 1

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Double Under, Backward, followed by 4 jumps x 4

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Double Unders, Backward, Consecutive x 4

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Successful Completion of the Skill

Masterful Completion of the Skill

Rope Tosses Skills

Basic Rope Toss x 1

<input type="checkbox"/>	<input type="checkbox"/>
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Basic Rope Toss followed by 4 jumps x 1

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Around the World x 1

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Rotation Skills

360° Turn with Cross at the Back, Right x 4

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360° Turn with Cross at the Back, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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360° Turn with Overhead Swing at the Back, Right x 4

<input type="checkbox"/>	<input type="checkbox"/>
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360° Turn with Overhead Swing at the Back, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Armwork Skills

Switch Cross, Right x 4

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Switch Cross, Left x 4

<input type="checkbox"/>	<input type="checkbox"/>
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E.B., Left Arm in Front, Right Arm in Back x 4

<input type="checkbox"/>	<input type="checkbox"/>
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E.B., Right Arm in Front, Left Arm in Back x 4

<input type="checkbox"/>	<input type="checkbox"/>
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Successful Completion of the Skill

Masterful Completion of the Skill

Coach's Signature

Date

