

Level 1 Red

Single Rope

Basic Jumps

Playground Bounce x 8	the skil	he skil
Double Bounce x 8	of	letion of tl
Single Bounce x 8	completion	ompleti
Backward Double Bounce x 8	cessful c	sterful c
	snc	ma

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Footwork

Skier, right, left x 4	the skill	l liki
Bell, front, back x 4	of	
Box, right, front, left, back x 4	completion	The second secon
Twister, right, left x 4		
	successful	masterf

Rope Manipulations

Coach's Signature

Date

