
Skipper's Name

Single Rope

Rope Manipulations

EB XPretzel to Pretzel - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
EB XPretzel to Pretzel - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Pretzel to EB XPretzel - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Pretzel to EB XPretzel - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
EB Octopus x 4	<input type="checkbox"/>	<input type="checkbox"/>
TS Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
AS Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
CL Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Elephant Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Inverse Pretzel to Cross - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Inverse Pretzel to Cross - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Octopus, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
AS, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
CL, Backward - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Elephant, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Multiples

Triple Under (consecutive) x 4	<input type="checkbox"/>	<input type="checkbox"/>
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Power

Crab to Push Up x 2	<input type="checkbox"/>	<input type="checkbox"/>
2-Foot Donkey Kick x 2	<input type="checkbox"/>	<input type="checkbox"/>

Releases

Mic Release x 2	<input type="checkbox"/>	<input type="checkbox"/>
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Power/Rope Manipulation Combos

Caboose to Push Up x 2	<input type="checkbox"/>	<input type="checkbox"/>
XPretzel to Push Up x 2	<input type="checkbox"/>	<input type="checkbox"/>

Multiple/Rope Manipulation Combos

Double Under + BC - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + BC - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + AS x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + CL - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Elephant x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + EB Backward - Side, EB - left/right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + EB Backward - EB, open - left/right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + TS Backward - Side Swing, TS x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB - Side, Side, EB right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB - Side, Side, EB left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn - Forward to Backward - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn - Forward to Backward - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Full Twist - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Full Twist - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB - Side, EB Open - left/right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Cross, Open, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Open, Open, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + cross, cross, open, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + cross, open, open, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Coach's Signature

Date

