
Skipper's Name

Single Rope

Multiple/Rope Manipulation Combos

Double Under + TS, Backward (no SS) x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Open, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Cross, Cross, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
EK - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Tummy Tuck x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + CL x 2	<input type="checkbox"/>	<input type="checkbox"/>
TJ - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under AS - Side, Cross, Open - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn + Cross - Forward to Backward - Right, Cross, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn + Cross - Forward to Backward - Left, Cross, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn + Cross - Forward to Backward - Right, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + 180° Turn + Cross - Forward to Backward - Left, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + SS Cross, Backward - Right, Cross, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + SS Cross, Backward - Left, Cross, Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + SS Cross, Backward - SS Right, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + SS Cross, Backward - SS Left, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Cross, Backward - Open, Cross, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + SS - SS Right, Left, Open, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + SS - SS Left, Right, Open, Open x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Rope Manipulation

EB Octopus, Backwards x 4	<input type="checkbox"/>	<input type="checkbox"/>
XPretzel Switch - XPretzel to XPretzel on the Opposite Leg x 2	<input type="checkbox"/>	<input type="checkbox"/>
Pretzel Switch - Pretzel to Pretzel on the Opposite Leg x 2	<input type="checkbox"/>	<input type="checkbox"/>
Multiples		
Triple Under (consecutive) x 10	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Power

Donkey Kick to Pushup x 2	<input type="checkbox"/>	<input type="checkbox"/>
Splits to Push Up x 2	<input type="checkbox"/>	<input type="checkbox"/>
Donkey Kick to 2-Foot Donkey Kick x 2	<input type="checkbox"/>	<input type="checkbox"/>
One Hand Push Up x 2	<input type="checkbox"/>	<input type="checkbox"/>
One Hand Donkey Kick x 2	<input type="checkbox"/>	<input type="checkbox"/>

Releases

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

Pushup to Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Donkey Kick to Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
AS to Pushup x 2	<input type="checkbox"/>	<input type="checkbox"/>
Donkey Kick to AS x 2	<input type="checkbox"/>	<input type="checkbox"/>
Crab + XPretzel x 2	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature

Date

