

Single Rope

Skipper's Name

Multiple/Rope Manipulation Combos

EK+BC - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
EB + TJ - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Inverse TJ - right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Side, Pretzel, Cross x 2, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under - Side, Pretzel, Cross x 2, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + AS open cross open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + CL open cross open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB, Backward - right, left EB x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB, Backward - left, right EB x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB, Backward - right, left, EB side cross open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + EB, Backward - left, right, EB side cross open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + TS, Backward - side swing, TS, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross right, cross left, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross - left, cross right, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross - right, left, open, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross - left, right, open, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross, cross right, cross, open, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + cross, cross left, cross, open x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + EK - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Quadruple Under + EK - left x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Multiple/Rope Manipulation Combos

Double Under + TS Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + AS Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + CL Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + AS, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + CL, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
EK + Cross - Right (cross at the back) x 2	<input type="checkbox"/>	<input type="checkbox"/>
EK + Cross - Left (cross at the back) x 2	<input type="checkbox"/>	<input type="checkbox"/>
EK with Overhead swing right/left x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Rope Manipulations

TS Switch Cross, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
AS Switch Cross, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>
CL Switch Cross, Backward x 2	<input type="checkbox"/>	<input type="checkbox"/>

Multiples

Triple Under (consecutive) x 25	<input type="checkbox"/>	<input type="checkbox"/>
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Power

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

Mic Release - Release from a Restricted Postion x 2	<input type="checkbox"/>	<input type="checkbox"/>
Mic Release - Catch in a Restricted Position x 2	<input type="checkbox"/>	<input type="checkbox"/>
Lasso Release x 2	<input type="checkbox"/>	<input type="checkbox"/>

Power/Rope Manipulation Combos

One Hand Push Up to Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
One Hand Donkey Kick to Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature

Date

