

Level 2 Orange

Single Rope

Basic Jumps

Single Bounce x 12	he skill	he skill
Backward Double Bounce x 12	ion of t	ion of t
Backward Single Bounce x 8	complet	omplet
Footwork	successful completion of the skill	masterful completion of the skill
Side Straddle x 4		
Front Straddle - right x 4		
Front Straddle - left x 4		Ш
Front Straddle Combo x 4		Ш
Front Straddle Switch x 4		
X-Step x 4		

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Rope Manipulations

Right Foot Trap x 4	e skill	e skill
Left Foot Trap x 4	on of th	on of th
Side Swing - right, left x 4	completion of the skil	completion of the skil
Side Swing - left, right x 4	successful c	masterful co
Side Swing - right, left, open x 4	SUCC	mast
Side Swing - left, right, open x 4		

Coach's Signature
Date

