

# Single Rope

## Basic Jumps

Single Bounce x 24	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Rhythm Change (double x2, single x4) x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Alternating Step x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Backward Single Bounce x 12	<input type="checkbox"/>		<input type="checkbox"/>	

## Rope Manipulations

Side Swing Jump, right x 4	<input type="checkbox"/>	<input type="checkbox"/>
Side Swing Jump, left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Cross, right over left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Cross, left over right x 4	<input type="checkbox"/>	<input type="checkbox"/>

## Power

Bubble x 1	<input type="checkbox"/>	<input type="checkbox"/>
Basic Push Up x 1	<input type="checkbox"/>	<input type="checkbox"/>
Mountain Climber x 1	<input type="checkbox"/>	<input type="checkbox"/>

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Skipper's Name

## Footwork

Hopscotch Bounce, right x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Hopscotch Bounce, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Hopscotch Bounce, switch x 4	<input type="checkbox"/>		<input type="checkbox"/>	
High-Knee, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
High-Knee, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Tap, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Tap, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Tap, switch x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Toe Tap, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Toe Tap, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Toe Tap, switch x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Low Kick, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Low Kick, left x 4	<input type="checkbox"/>	<input type="checkbox"/>		

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Coach's Signature

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Date

