

Single Rope

Basic Jumps

Single Bounce x 50	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
One Foot Jump, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
One Foot Jump, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Alternating Step x 24	<input type="checkbox"/>		<input type="checkbox"/>	

Multiples

Double Under x 1	<input type="checkbox"/>	<input type="checkbox"/>
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Power

Bubble Backwards x 1	<input type="checkbox"/>	<input type="checkbox"/>
Basic Donkey Kick x 1	<input type="checkbox"/>	<input type="checkbox"/>

Rope Manipulation

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

Skipper's Name

Footwork

Boxer x 4	<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
Heel Toe, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Toe, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Heel Toe, alternating x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Hopscotch Kick, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Hopscotch Kick, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Straight Kick, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Straight Kick, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Can Can, right x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Can Can, left x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Can Can, alternating x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Side Straddle, Backward x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle, Backward x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle Combo, Backward x 4	<input type="checkbox"/>		<input type="checkbox"/>	
Front Straddle Switch, Backward x 4	<input type="checkbox"/>	<input type="checkbox"/>		

Coach's Signature

Date

