

Single Rope

Rope Manipulation

180° Turn, Forward to Backward, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Backward to Forward, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Forward to Backward, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
180° Turn, Backward to Forward, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Side Swing, backward, right x 4	<input type="checkbox"/>	<input type="checkbox"/>
Side Swing, backward left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Cross, backward, right over left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Cross, backward, left over right x 4	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, backward, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
360° Turn, backward, left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, backward, right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Full Twist, backward, left x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Skipper's Name _____

Footwork

High Knee, Backward - Right x 4	<input type="checkbox"/>	<input type="checkbox"/>
High Knee, Backward - Left x 4	<input type="checkbox"/>	<input type="checkbox"/>
Heel Tap Switch, Backward x 4	<input type="checkbox"/>	<input type="checkbox"/>
Toe Tap Switch, Backward x 4	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Basic Jumps

Rhythm Change (double, double, single, single), backward x 4	<input type="checkbox"/>	<input type="checkbox"/>
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Footwork/Rope Manipulation Combo

Side Straddle + Cross x 4	<input type="checkbox"/>	<input type="checkbox"/>
Skier + Cross x 4	<input type="checkbox"/>	<input type="checkbox"/>
Bell + Cross x 4	<input type="checkbox"/>	<input type="checkbox"/>
Front Straddle + Cross x 4	<input type="checkbox"/>	<input type="checkbox"/>
X-Step + Cross x 4	<input type="checkbox"/>	<input type="checkbox"/>
High Knee + Cross - alternating x 4	<input type="checkbox"/>	<input type="checkbox"/>

Multiples

Double Under followed by 4 jumps x 4	<input type="checkbox"/>	<input type="checkbox"/>
Double Under, consecutive x 4	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature _____

Date _____

