

Single Rope

Basic Jumps

Alternating Step Backwards x 24

successful completion of the skill

masterful completion of the skill

Footwork

Boxer Backward x 4

Rope Manipulations

Side Swing Cross, Backward, right x 4

Side Swing Cross, Backward, left x 4

360° Turn with Cross at the Back, right x 2

360° Turn with Cross at the Back, left x 2

360° Turn with Overhead Swing at the Back, right x 2

360° Turn with Overhead Swing at the Back, left x 2

Switch Cross, right to left x 4

Switch Cross, left to right x 4

EB, right x 4

EB, left x 4

Skipper's Name _____

Releases

Basic Rope Release & Catch x 1

successful completion of the skill

masterful completion of the skill

Basic Rope Release & Catch followed by 4 single jumps x 1

Around the World (inverse) Release x 1

Multiples

Double Under, Backward x 1

Double Under, Backward followed by 4 single jumps x 4

Backwards Double Under consecutive x 2

Footwork/Rope Manipulation Combos

Straight kick + Cross, alternating x 4

Can Can + Cross on High Knee, alternating x 4

Can Can + Cross on Straight Kick, alternating x 4

Coach's Signature _____

Date _____

