

Single Rope

Multiple/Rope Manipulation Combos

Double Under + 180° Turn + Cross - forwards to backwards - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + 180° Turn + Cross - forward to backward - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + 360° Turn + Cross - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + 360° Turn + Cross - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Full Twist + Cross - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Full Twist + Cross - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + TS x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + Switch Cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + SS to XPretzel - Side, Cross - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + SS to XPretzel - Side, Cross - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + XPretzel - Cross, Open - right x 2	<input type="checkbox"/>	<input type="checkbox"/>
Double Under + XPretzel - Cross, Open - left x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing Cross - right, left, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing Cross - left, right, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing Cross - right, cross, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under + Side Swing Cross - left, cross, cross x 2	<input type="checkbox"/>	<input type="checkbox"/>
Multiples	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under x 2	<input type="checkbox"/>	<input type="checkbox"/>
Triple Under followed by 4 jumps x 2	<input type="checkbox"/>	<input type="checkbox"/>

successful completion of the skill

masterful completion of the skill

Power

Push up x 2

Donkey Kick x 2

Crab + Cross x 2

Splits + Cross x 2

Rope Manipulations

Inverse Toad - right x 2

Inverse Toad - left x 2

Elephant - right x 2

Elephant - left x 2

EB XPretzel - right x 2

EB XPretzel - left x 2

T-Toad - right x 2

T-Toad - left x 2

Caboose - forward x 2

Weave - forward x 2

TS, Backward x 2

Switch Cross, Backward x 2

Inverse XPretzel, Backward - right x 2

Inverse XPretzel, Backward - left x 2

Toad, Backward - right x 2

Toad, Backward - left x 2

Skipper's Name

<input type="checkbox"/>	successful completion of the skill	<input type="checkbox"/>	masterful completion of the skill
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Coach's Signature

Date

