

## Level 2 Requirements - Foothill Force Jump Rope Team

**JUMPER NAME:**

<b>Single Rope Freestyle</b>	<b>Date Completed</b>	
	<b>No misses</b>	<b>5 Right</b>
Double Under Side Swing		<b>5 Left</b>
Double Under Cross		
Full Twist with Cross		
180 Double Under		
Triple Under Side Swing		
E.B.		
Double Under E.B.		
E.B. Full Twist		
Toad (Leg Over Cross)		
Side Swing Toad		
Crougar (Leg Over)		
Marlee		
Awesome Annie		
T.S. Cross (both arms behind back)		
A.S. Cross (both arms behind knees)		
C.L. Cross (1 arm behind back, knees)		
K.N. (1 arm behind knees, head)		
Caboose (arms crossed between legs)		
Bubble		
Backward Crougar		
Backward E.B.		
Backward Toad		
Roundoff into backward jump		
Donkey Kick (Frog)		
Pushup		

<b>Single Rope Endurance</b>		<b>Date Completed</b>
<b>Double Unders</b> in a row	120	
<b>60 Second Speed</b>	120	

<b>Group Routines - No misses</b>	<b>Date Completed</b>
Cotton Eyed Joe footwork to Time bomb music	

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