

Level 1 Single Rope Requirements - Foothill Force Jump Rope Team

Level 1 Freestyle	Date Completed	
2 Foot Jumps	10 Forward	10 Backward
Skier		
Bell		
Side Straddle		
Forward Straddle		
Double Straddle		
Scissors		
X (Straddle Cross)		
Advanced Twister		
Wounded Duck		
1 Foot Jumps (Right & Left)		
Toe to Toe		
Heel to Heel		
Heel to Toe		
Side Toe Touch		
Heel Lift (Hopscotch)		
Swing Kick		
Pendulum		
Rocker		
Shuffle (Slide)		
WW Kick (Heel Click)		
Irish Fling		
Can Can		
Crosses & Swings		
Double Side Swing		
Single Side Swing		
Criss-Cross		
Side Swing Criss-Cross		
Turns	10 Right	10 Left
Forward 180 Turn		
Backward 180 Turn		
360 Turn		
Texas Turn		
Mad Dog		
Full Turn		
Full Twist (D.U. Full Turn)		
Strength Moves		
Cartwheel into jump		
Fake Donkey Kick (Frog)		
Fake Pushup		

Level 1 Endurance	Grade:	2 nd	3 rd	4 th	5 th	6 th	Date Completed
Double Unders (in a row, no misses)		20	30	40	50	60	
Speed (one minute)		75	80	85	90	95	
Consecutive Jumps (in a row, no misses)		500	500	500	500	500	

Group Routines - No misses	Date Completed
12 th Street Rag	
Cotton Eyed Joe	
Original Pairs Routine (45-75 seconds; with symmetry)	

JUMPER NAME: