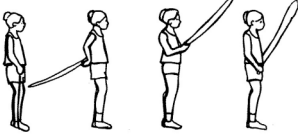

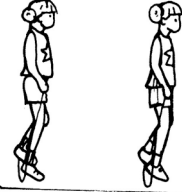


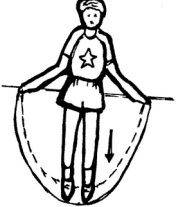




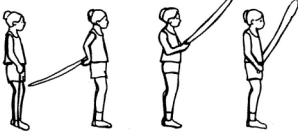
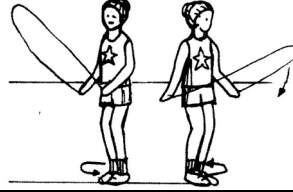
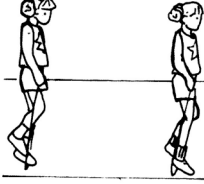











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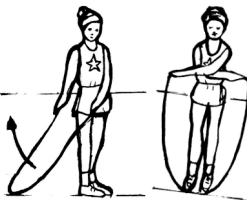
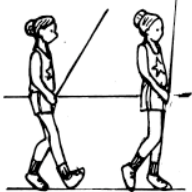
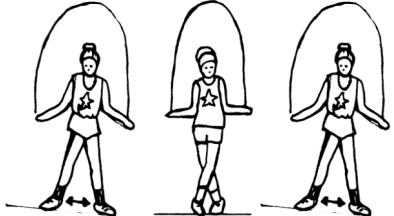
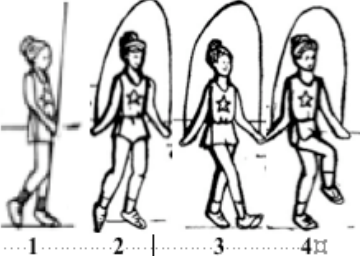


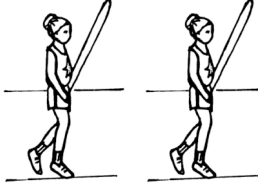
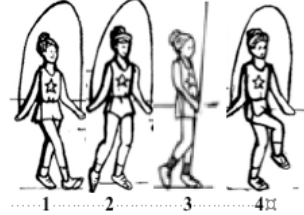
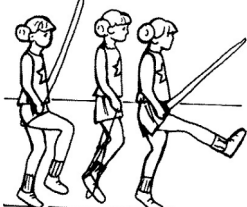

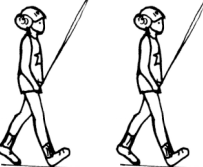


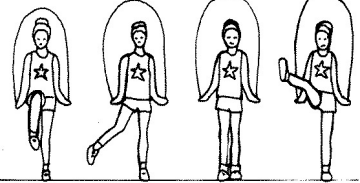


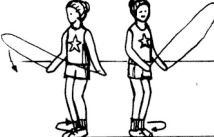
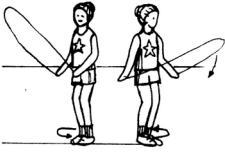
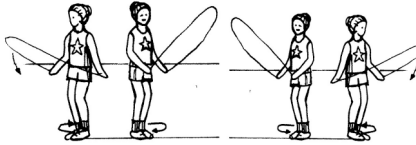
Australian Rope Skipping Association
Coaching Manual Level 1
PASSPORT

SINGLE ROPE SKILLS

Skill	Tick	Skill	Tick	Skill	Tick	Skill	Tick	Skill	Tick
Basic Slow Double Bounce 		Peekaboo 		The Boxer 		Wallow 		The X 	
Basic Fast Single Bounce 		Skier 		Side Straddle 		Bell 		Rocker 	
Backward Jumping 		Twister 		Jogging Step 		WW Kick 		Pollywog 	
One Foot Bounce 		Forward Straddle 		Squat Thrust (Fake Pushup) 		Shuffle Step 		Single Side Swing 	



SINGLE ROPE SKILLS

Skill	Tick	Skill	Tick	Skill	Tick	Skill	Tick	Skill	Tick
Single Side Swing Cross 		Heel to Toe 		Out Cross Out Kick 		Irish Fling 		Double Side Swing 	
Double Under 		Toe to Toe 		Fling 		Can Can 		Cross Over 	
Heel to Heel 		Up Cross Up Down 		Spread Eagle 		Frog Can Can 		The Cossack 	
90 Degree Turn 		180 Turn Front Back 		180 Turn Back to Front 		360 Full Turn 180 to 180 			



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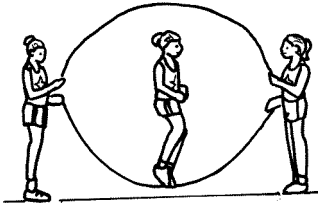
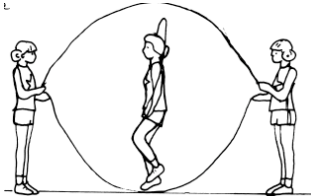


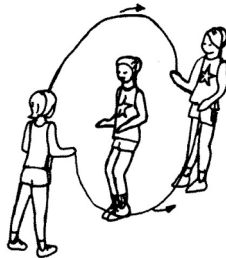

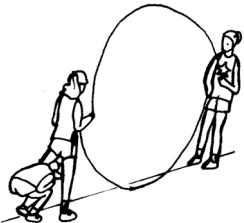
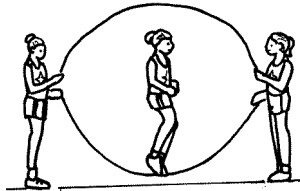
Level 1 Speed Goals

Record your scores each week at class or while practicing at home.

Week	30 sec speed	30 sec double unders	1 min speed	Long Double Unders	DD 60 sec speed	DD 40 sec speed
Goal	55	55	100	50		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

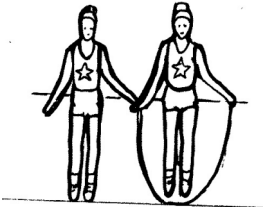

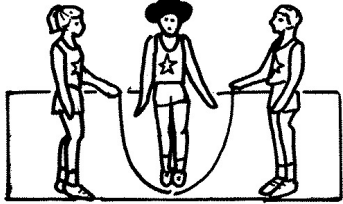
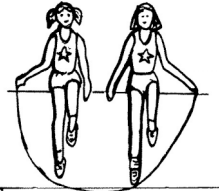
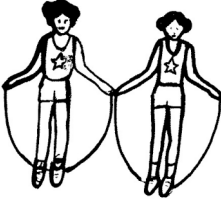
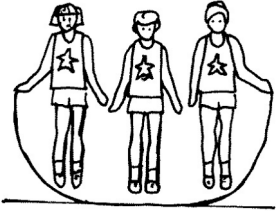
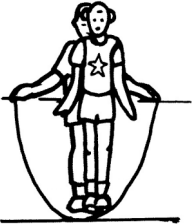

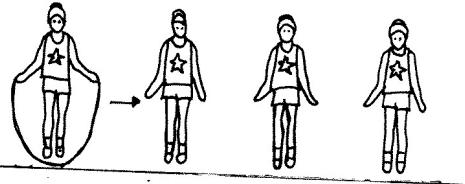


DOUBLE DUTCH SKILLS

Skill	Tick	Skill	Tick	Skill	Tick
Turning 		Jumping 		Single Rope inside Double Dutch 	
Side Turning 		Entering 		Exiting 	
Rear Turning 		Enter through Legs 		Figure of 8 	

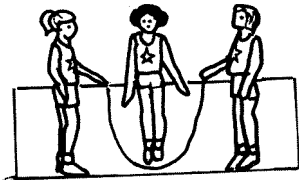
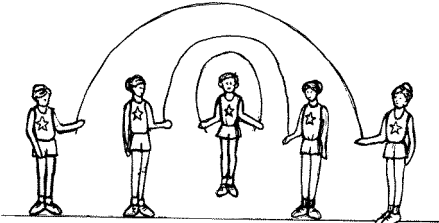
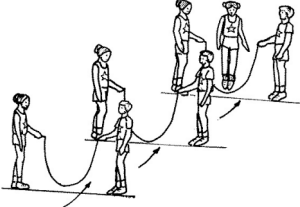

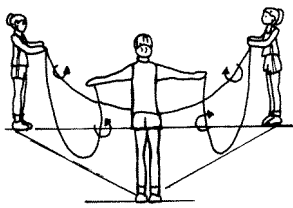
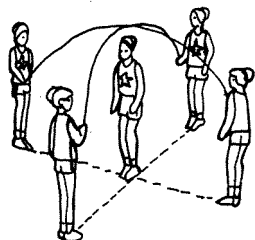

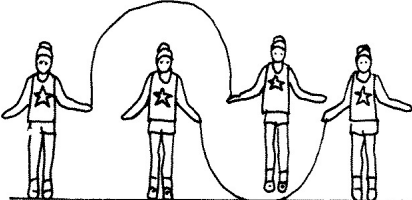



PARTNER SKILLS

Skill	Tick	Skill	Tick	Skill	Tick
1 Rope 1 Jumper Both Turning 		Piggy in the Middle Figure of 8 		Piggy in the Middle 1 Rope 2 Turners 1 Jumper 	
2 in 1 rope Both Turning Both Jumping 		Twins 		Triplets 	
2 in 1 Rope, 1 Turning, Both Jumping 		2 in 1 rope, One Turning Around the World 		Traveller 	



LONG ROPE SKILLS






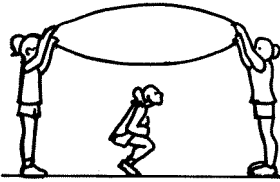




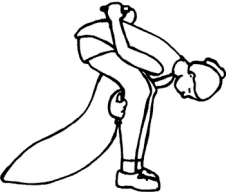
Skill	Tick	Skill	Tick	Skill	Tick
Turning 		Rainbow 		Long Rope Relays 	
Entering the Long Rope 		Triangle 		Eggbeater 	
Exiting the Long Rope 		Interlocker 		Figure of 8 	



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Coaching Manual Level 1
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INTERMEDIATE AND ADVANCED SKILLS

SKILL	TICK	SKILL	TICK			SKILL	TICK
Toad 		Caboose Cross 	d	Inverse 		EB Toad 	
Crougar 		Pop up 		Partners 		EB 	
Elephant 		AS 	d	CL 		Push up 