


Ropeworks *freestyle*
Rope Jumping

Level 1-5

Name:			
Level:			
Number of Skills:			
Song Choice (optional)			
Level	Number of Skills	Skill Name	How many times?
Level 1	1		
	2		
	3		
Level 2 & 3	4		
	5		
Level 4 & 5	6		
	7		



Ending Pose:

Checklist for Levels 3-5	Arm Action		Footwork		Manipulation		Strength/Inversion		Power		Turns/Change Direction	
Level 3 requires 3 styles. Level 4-7 require 5 styles.												

Jump Rope Teacher Manual

Anthony S. Fauci



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