

To advance to Flight, jumpers should have at least 35 skills and the listed number of required skills () indicated for each column. Acquiring these skills takes time. Practice be patient but most

HOPPIN' HAWKS

F.I.T. SKILLS CHART

9/08

All freestyle skills must be performed correctly in 2 out of 3 attempts.

Skills completed at the end of season:

FALL: _____ SPRING: _____

Single Rope Skills	ROPE MANIPULATION SERIES	POWER SERIES	POWER & SPEED	DOUBLE DUTCH TURNING	CHINESE WHEEL	SPECIALTY SKILLS	PERFORMANCE ROUTINES
(4)	(4)	(4)	(4)	(5)	(5)	(5)	(4)
Awesome Annie (4 jumps)	(1) OHLO – LOC – CABOOSE	(A) 2X MATADOR FRONT/SPLIT C – 2X C	40 DUs IN 30 SECONDS	JUMPER TO TURNER EXCHANGE	ROLL AROUND	2+1 WEAVE WHEEL TURNER-JUMPER, WEAVE BEHIND-TURNER	12 TH STREET RAG 1 ST TEMPO
Switch Cross	(2) 1 HOP ALT. FRONT/SPLIT CROSS FAST PACE	(B) 2X MATADOR C- 2X SPLIT C- 2X BTB	50 DUs IN 30 SECONDS	4 RAPID EXCHANGES (3 JUMPS IN ROPE)	FRONT-BACK-FRONT	TURNER SB TRAVELER OVER & BACK 3 JUMPERS	12 TH STREET RAG 2 ND TEMPO
Matador Leg Over Crosses	(3) STEP THRU LOC-SPLIT LOC- 2X LOC	(C) TERMINATOR-TERMI. C-TERMI. SPLIT C	50 SPEED IN 30 SECONDS	CIRCLE EXCHANGE (JUMPER-TURNER-JUMPER)	AROUND THE WORLD (Both jumpers receive credit)	JUMPER WHEEL TRAVELER	SINGLE ROUTINE
Terminator Front Cross	(4) FRONT C-BLOC-HI/LOW BTB	(D) 1 HOP FWD-REV-FWD 2X MATADOR FRONT CROSS	60 SPEED IN 30 SECONDS	TEAM DANCE 16cts. 1x REGULAR, 1x FAST PACE	WHEEL-SB TWINS-SB SCOOPS	TURNER WHEEL TRAVELER OVER & BACK 3 JUMPERS	PAIRS ROUTINE
Terminator Split Cross	(5) A. ANNIE-SPLIT LOC-BTB	(E) 2X SPLIT/3X MATADOR FRONT CROSS SERIES	PUSH UP Or DONKEY KICK	BASIC - 4 POP UPS – BASIC	3 WHEEL CENTER CROSS	RAINBOW, INSIDE TURNER	2 WHEEL
High Low BTB	(6) LEG HOOK-LEG HOOK C-SWITCH C.	(F) 2XU-2XUC-2XC-2XCU-2XU	DD	UP THE LADDER 3-2-1	3 WHEEL CENTER 180	GIANT WHEEL INSIDE TURNERS ROLL AROUND	3 WHEEL

