

To advance to F.I.T:

Jumpers must have a total of 23 signatures, including 10 of the 13 Required Skills.

# HOPPIN' HAWKS

## SOAR SKILLS CHART

Skills completed at the end of season:

FALL: \_\_\_\_\_ SPRING: \_\_\_\_\_

WINTER: \_\_\_\_\_

9/04

LEVEL 5 Bead Rope	LEVEL 6 Bead Rope	LEVEL 7 Any Rope	LEVEL 8+ Any Rope	POWER & SPEED in 30 sec.	DOUBLE DUTCH	CHINESE WHEEL
DOUBLE MATADOR FRONT CROSS	DOUBLE UNDER CROSS	BLOC	TERMINATOR FRONT CROSS	20 DOUBLE UNDERS	5 JUMP EXCHANGE (Jumper exits/grabs ropes correctly)	BASIC
LEG OVER CROSS	O.H.L.O. CROSS	ULOC	MATADOR FRONT/SPLIT CROSS SERIES	35 DOUBLE UNDERS	SPEED JUMPING (Jumper enters, 10+ jog steps, exits on command)	TURN
LEG OVER (2 jumps)	360	TERMINATOR	1 HOP 2X MATADOR FRONT CROSS	50 DOUBLE UNDERS	ROPE CONTROL (1 jumps f,b,l,r)	SQUATS
LEG HOOK	DOUBLE LEG HOOK	BTB	HI/LOW BTB	40 SPEED	TURN 2 POP UPS (& return to basic. No jumper)	DOUBLE UNDERS
CABOOSE	MATADOR SPLIT CROSS	DOUBLE MATADOR SPLIT CROSS	AWESOME ANNIE (4 jumps)	50 SPEED	¼ TURN JUMPING JACKS	SWITCH
L5 4 SKILL ROUTINE	L6 4 SKILL ROUTINE	L7 4 SKILL ROUTINE	L8 4 SKILL ROUTINE	60 SPEED	EXIT BOTH SIDES ON COMMAND	FRONT CROSS