Datum:		Datum:		Datum:		Datum:	
MICROBE		**SKIPPER**		**JUMPER**		**SUPER JUMPER**	
SINGLE ROPE	10 X	**SINGLE ROPE**	10 X	**SINGLE ROPE**	10 X	**SINGLE ROPE**	10 X
side swing		peek-a-boo		crouger		awesome annie	
side straddle(open toe)		heel to heel		toad		CL cross	
forward straddle(voor toe)		double under		caboose		push up	
skier		the X		EB		AS cross	
bell		fling		cross-cross		TS cross	
criss-cross		backward side straddle		double under criss-cross		double under 360	
twister		backward forward straddle		double under side swing criss-cross		inverse toad	
side swing criss-cross		backward criss cross					
				double under min. 30 in 30s		double under min. 40 in 30s	
speed min. 20 in 30s		speed min. 30 in 30s		speed min. 40 in 30s		speed min. 50 in 30s	
		regular 360					
		can-can					
		DOUBLE DUTCH		**DOUBLE DUTCH**		**DOUBLE DUTCH**	
		juiste manier draaien	J / N	push up		frog	
		in en uit springen		doubles		crabbs	
		side straddle		spider		split	
		forward straddle		inkomen voor draaier			
		360°		mountain climber			
		rope inside		speed min. 30 in 40s		speed min. 40 in 40s	
		speedstep				speed min. 60 in 60s	
		can-can					
				TURNER INVOLVEMENT		**TURNER INVOLVEMENT**	
				knees		jump through	
				crouger		2 to 1	
				same tricks as jumpers			
		2 IN 1 TOUW		**CHINESE 2 WHEEL**		**CHINESE 2 WHEEL**	
		samen springen		basic jump		criss-cross	
		samen binnenwaarts draaien		switch places		double under	
				full turn		twin spin	
						CHINESE 3 WHEEL	
						basic jump	

NAAM:

GEBOORTEDATUM: