

Datum:

MEGA JUMPER

SINGLE ROPE 10 X

annie weave	<input type="text"/>
TS cross cross	<input type="text"/>
double under toad	<input type="text"/>
double under AS	<input type="text"/>
frog to AS	<input type="text"/>
push up to criss cross	<input type="text"/>
criss cross rope release	<input type="text"/>

triple under	<input type="text"/>
speed min. 60 in 30s	<input type="text"/>

DOUBLE DUTCH

crabs turn push up	<input type="text"/>
push up in double under	<input type="text"/>
haasje over	<input type="text"/>

speed min. 60 in 40s	<input type="text"/>
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TURNER INVOLVEMENT

3-wissel	<input type="text"/>
over the head cross	<input type="text"/>
haasje over	<input type="text"/>

CHINESE 2 WHEEL

switch places with a turn	<input type="text"/>
EB	<input type="text"/>
toad	<input type="text"/>

CHINESE 3 WHEEL

criss cross	<input type="text"/>
full turn	<input type="text"/>

CHINESE 4 WHEEL

wacky wheel	<input type="text"/>
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Datum:

CRAZY JUMPER

SINGLE ROPE 10 X

T-toad	<input type="text"/>
backward TS	<input type="text"/>
TU TJ	<input type="text"/>
TU EB-CL	<input type="text"/>
backward frog to criss cross	<input type="text"/>
caboose uitspringen	<input type="text"/>
EB rope release	<input type="text"/>

triple under min. 15	<input type="text"/>
speed min. 70 in 30s	<input type="text"/>

DOUBLE DUTCH

1 handed frog	<input type="text"/>
DU to push up to DU	<input type="text"/>
seebee	<input type="text"/>

speed min. 70 in 40s	<input type="text"/>
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TURNER INVOLVEMENT

wissel jump in own rope	<input type="text"/>
Helicopter	<input type="text"/>
quad under	<input type="text"/>

CHINESE 2 WHEEL

backward criss cross	<input type="text"/>
ropes together backward	<input type="text"/>
awsome annie	<input type="text"/>

CHINESE 3 WHEEL

cross cross	<input type="text"/>
backward criss cross	<input type="text"/>

CHINESE 4 WHEEL

switch places	<input type="text"/>
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NAAM:

GEBOORTEDATUM: