

240 - Single Rope

- 78 1 1.100 Double Bounce, a.k.a. Rebound Jump
1 1.102 Jogging (speed) step, a.k.a. Jog Step, Single-Skip, Alternating-Step
1 1.104 Skier, a.k.a. Side-to-Side, Slalom
1 1.105 Bell, a.k.a. Front-Back
1 1.107 Toe Tap, a.k.a. Toe Touch
1 1.108 Heel Tap, a.k.a. Heel Touch
1 1.110 Peek-A-Boo
1 1.111 Rocker, a.k.a. Cradle, Back + Front Lunge
1 1.114 Fling
1 1.115 High Knee
1 1.119 Side Straddle, a.k.a. Jumping Jacks
1 1.122 Forward Straddle, a.k.a. Jump Scissors
1 1.137 Single and Double Side Swing
1 1.161 Grass Cutter, a.k.a. Mushroom
1 1.171 Hopscotch, a.k.a. Hop Scotch
1 1.172 One-foot Jump, a.k.a. One-foot Bounce
1 1.173 Knee Lift, a.k.a. High Step
1 1.174 Shuffle, a.k.a. Scaal, Scoot
1 1.175 Heel Lift
1 1.176 Front Lunge
1 1.177 Back Lunge
1 1.178 Hitch Kick
1 1.179 Straddle Split
1 1.181 Buffalo Shuffle
1 1.182 Razzle Dazzle, a.k.a. Hop Kick
1 1.183 Shottisch
1 1.184 Brush Shuffle
1 1.185 Hustle Step
1 1.188 Side Straddle + Front Cross
1 1.189 Front Kick + Front/Back Cross, a.k.a. E.B. with a kick
1 1.200 Basic Jump, a.k.a. Two-foot Jump, Single Bounce
1 1.202 Run Step
1 1.203 Twister, a.k.a. Twist
1 1.206 The Box
1 1.207 Toe To Toe
1 1.208 Heel To Heel
1 1.210 Double Peek-A-Boo
1 1.212 Wallow, a.k.a. Leg Swing, Pendulum, Side-to-side
1 1.213 Wing Ding
1 1.214 Irish Fling
1 1.215 High Knee Cross Over
1 1.217 Kick
1 1.218 Swing Kick, a.k.a. Swing Step
1 1.219 The X, a.k.a. Cross Step, Straddle Cross
1 1.221 Toes In
1 1.222 Scissors
1 1.223 Double Straddle
1 1.224 Criss Cross, a.k.a. Crossover, Forward / Front / Switch Cross
1 1.271 Pollywog
1 1.300 Double Under, a.k.a. Double
1 1.302 Boxer

- 1 1.303 Advanced Twister
- 1 1.309 Heel to Toe
- 1 1.310 Grape Vine
- 1 1.311 W.W. Kick, a.k.a. Heel Click
- 1 1.315 Can Can
- 1 1.316 Frog Can Cans, a.k.a. Frog Kicks
- 1 1.318 Brush Kick
- 1 1.319 Cossack , a.k.a. Squat Jump: Front Kick
- 1 1.320 Spread Eagle, a.k.a. Squat Jump: Side Straddle
- 1 1.321 Wounded Duck, a.k.a. Toes In + Toes Out
- 1 1.322 Split Hop, a.k.a. Daffy
- 1 1.339 Side Swing Criss Cross, a.k.a. Matador Cross, Twirly Bird
- 1 1.400 90 (turn to the side), a.k.a. Quarter Turn
- 1 1.411 90 (turn to the side), a.k.a. Quarter Turn
- 1 1.500 180 (turn to the back), a.k.a. Half Turn, Turn About
- 1 1.511 180 (turn to the front), a.k.a. Half Turn, Turn About
- 1 1.513 Full Turn (2 Side Swings)
- 1 1.600 180 with Cross, a.k.a. 180 + Front Cross, Cross with Half Turn
- 1 1.601 360
- 1 1.609 360 (Texas style)
- 1 1.612 Mad Dog, a.k.a. Reversing Poles, Reversing 180's
- 1 1.615 Full Twist, a.k.a. Spinner
- 1 1.700 Squat Thrust (Fake Push-up)
- 1 1.900 Cart Wheel
- 1 1.902 Basic Round Off
- 1 1.904 Handspring
- 1 1.999 Candy Apple
- 47 1 2.126 Cross Cross, a.k.a. Cross Recross
- 1 2.127 E.B., a.k.a. Sailor, Split Cross, Front/Back Cross
- 1 2.140 Double Under Side Swing
- 1 2.152 Caboose Cross, a.k.a. Downunder Cross, Contra-leg Cross
- 1 2.153 Crougar (with Side Swing out), a.k.a. Leg Over, Inside Leg Tuck
- 1 2.154 Toad, a.k.a. Front/Contra-leg Cross
- 1 2.169 Bubble
- 1 2.171 Hurricane
- 1 2.225 Double Under Criss Cross (1), a.k.a. Double Under + Front Cross
- 1 2.228 Double Under E.B.
- 1 2.229 Backward E.B.
- 1 2.230 C.L., a.k.a. Two-leg/Back Cross
- 1 2.233 A.S., a.k.a. T.S. behind the knees, Two-leg Cross
- 1 2.234 C.N., a.k.a. Two-leg/Overhead Cross
- 1 2.235 Megan 1
- 1 2.239 Double Under Side Swing Criss Cross (R)
- 1 2.240 Triple Under Side Swing (1)
- 1 2.241 Triple Under Side Swing 3)
- 1 2.252 Cowboy Caboose
- 1 2.254 Backward Toad
- 1 2.255 Backward Inverse Toad
- 1 2.256 Elephant Toad
- 1 2.257 Side Swing Toad
- 1 2.271 Funky Chicken, a.k.a. Arm Tuck
- 1 2.326 Double Under Cross Cross, a.k.a. Double Under + [Front Cross + Recross]
- 1 2.331 T.S., a.k.a. (Behind the) Back Cross, Hands uffed Cross
- 1 2.332 Megan 6
- 1 2.334 K.N., a.k.a. Overhead/Contra-leg Cross

- 1 2.335 Backwards Megan 1
- 1 2.336 Megan 2
- 1 2.352 Caboose
- 1 2.356 Backward Eephan Toad
- 1 2.371 Chicken, a.k.a. Two-arm Tuck
- 1 2.413 Backward Full Turn
- 1 2.414 Fake 1½ Turn
- 1 2.419 Marlee
- 1 2.501 Double Under 360
- 1 2.508 Side Swing Cross Double Under 360
- 1 2.510 Megan 5
- 1 2.516 Full Twist with Cross
- 1 2.517 E.B. Full Twist
- 1 2.700 Push up
- 1 2.711 Frog, a.k.a. Mule Kick, Hand Stand, Donkey Kick
- 1 2.805 Crabs
- 1 2.811 Double Under Frog
- 1 2.997 Suburban Hemisphere
- 1 2.998 L.S. Cross
- 40 1 3.100 Triple Under, a.k.a. Triple
- 1 3.142 Double Side Swing Under
- 1 3.155 Inverse Toad
- 1 3.159 Awesome Annie
- 1 3.161 Grass Cutter Double under, a.k.a. Mushroom Double Under
- 1 3.162 Buddy Bounce (1), a.k.a. Bum Bounce, Butt Jump, Seat Pop-up
- 1 3.163 Belly Bounce (AYOR !), a.k.a. Belly Jump, Tommy Pop-up
- 1 3.164 Back Bounce (AYOR !), a.k.a. Back Jump, Back pop-up
- 1 3.165 Lariat, Wrong!
- 1 3.227 E.B. Annie
- 1 3.230 C.L. Weave
- 1 3.237 Side Swing E.B. Double Under
- 1 3.239 Side Swing T.S.
- 1 3.242 Double Side Swing Under, a.k.a. Double under + [Side Swing + Open]
- 1 3.258 Retarded Toad
- 1 3.262 Buddy Bounce (2), a.k.a. Bum Bounce, Butt Jump, Seat Pop-up
- 1 3.362 Buddy Bounce (3), a.k.a. Bum Bounce, Butt Jump, Seat Pop-up
- 1 3.404 E.K., a.k.a. E.K. Full Twist, Double Under + 360
- 1 3.500 180 Triple Under
- 1 3.507 E.K. with Cross, a.k.a. Double Under + 360 + [Open + Front Cross]
- 1 3.508 E.K. landing with Cross, a.k.a. Double Under + 360 + [Front Cross + Open]
- 1 3.517 E.B. Full Twist
- 1 3.518 B.C. Full Twist, Double Under + [Outside Leg Tuk + Open]
- 1 3.607 E.K. with Cross Cross, a.k.a. Double Under + 360 + [Front Cross + Recros]
- 1 3.700 Walker Push-up, Wrong!
- 1 3.701 Push-up with Cross
- 1 3.706 Crabs with Cross
- 1 3.713 Frog to Criss Cross
- 1 3.802 Push-up to C.L.
- 1 3.803 Push-up to A.S.
- 1 3.814 Frog to C.L.
- 1 3.815 Frog to A.S.
- 1 3.991 K-Mile
- 1 3.992 Webskipper
- 1 3.993 Mission Impossible
- 1 3.994 Suburban Hemisfour

- 1 3.995 Byrons Lariat (backward), Byrons Crab
- 1 3.996 L.R.
- 1 3.997 Indy
- 1 3.998 Awesome Jerry
- 75 1 4.100 Quadruple, a.k.a. Quadruple Under, Quad
- 1 4.130 C.L./A.S.
- 1 4.131 C.L./C.L.
- 1 4.134 A.S./T.S.
- 1 4.135 A.S./A.S.
- 1 4.138 T.S. T.S.
- 1 4.139 T.S./A.S.
- 1 4.143 Double Under with Side Swing Toad
- 1 4.144 T.J. Triple Cross
- 1 4.151 Johmmy
- 1 4.152 Double Under Caboose to Caboose Cross
- 1 4.167 Son Rise, a.k.a. Son Rise (P)
- 1 4.168 Son Set, a.k.a. Son Set (C)
- 1 4.171 Slam Dunk
- 1 4.200 Quintuple, a.k.a. Quintuple Under
- 1 4.224 Crazy Criss Cross
- 1 4.225 Triple Under with Crosses (1)
- 1 4.233 Backward A.S.
- 1 4.236 A.S./C.L.
- 1 4.237 Megan 3 (Side Swing)
- 1 4.240 Quadruple Under Side Swing
- 1 4.246 T.J. Triple landing in A.S.
- 1 4.247 T.J. Triple landing in E.B.
- 1 4.249 T.J. Triple landing in Caboose
- 1 4.250 T.J. Triple landing in Caboose Cross
- 1 4.259 Annie Weave
- 1 4.300 Sixtuple, a.k.a. Sixtuple Under
- 1 4.327 Triple Under E.B. toad
- 1 4.333 A.S. Triple Under
- 1 4.336 A.S./C.L./T.S.
- 1 4.339 Double Under T.S.
- 1 4.343 Triple Under Side Swing Toad
- 1 4.345 Retarded T.J.
- 1 4.348 T.J. Triple landing in C.L.
- 1 4.402 360 C.L.
- 1 4.404 Backward E.K.
- 1 4.415 1½ Full Twist, a.k.a. 540, One and Half Turn
- 1 4.503 Sparkolta
- 1 4.504 Double Under E.K.
- 1 4.509 Side Swing E.B. Double Under
- 1 4.515 Double Under Full Twist
- 1 4.601 Triple Under 360
- 1 4.605 E.K. A.S.
- 1 4.606 E.K. C.L.
- 1 4.609 The Ghost, a.k.a Quadruple E.K. (Texas style)
- 1 4.610 The Ghost (backward)
- 1 4.707 E.B. Crab
- 1 4.708 Toad Crab
- 1 4.712 Belch Frog
- 1 4.800 Kamikaze, a.k.a. Kamakaze, Push-up to Push-up
- 1 4.805 Crab Double Under (AYOR !)

- 1 4.809 E.B. Toad Crab
- 1 4.811 Frog: backward
- 1 4.813 Frog: two footed
- 1 4.814 Frog Double Under
- 1 4.816 Walker Frog
- 1 4.900 Lasso Cartwheel
- 1 4.902 Round of Back with rotation of rope
- 1 4.905 Flip
- 1 4.906 Kip
- 1 4.908 Suicide, a.k.a. 3/4 Somersault
- 1 4.909 Salto, a.k.a. Fw Flip, Fw Tuck, Fw Salto, Fw Somersault
- 1 4.984 Dive Roll Kip
- 1 4.985 Moose Drop
- 1 4.986 Crazy Cross
- 1 4.987 E.K. Full Twist Quint
- 1 4.988 B.J. Full twist in Quad
- 1 4.989 Side Swing Criss Cross C.L. Open
- 1 4.990 Side Swing Double Under Frog
- 1 4.993 B.C.M.G. Release
- 1 4.994 Quad T.J.
- 1 4.995 Flipmat
- 1 4.996 Quad Inverse T.J.
- 1 4.997 Maarten Caboose
- 1 4.998 Le Nietjee

420 - Double Dutch

24 - Ins and Outs

- 5 1 1.1 Enter or exit next to the turner
- 1 1.2 Enter or exit from both sides of the turner
- 1 1.3 Enter from under the legs of the turner
- 1 1.4 Exit ropes from beneath the legs of the turner
- 1 1.5 Jump into the ropes from over the head of the seated turner
- 5 1 2.1 Round Off into or out of the ropes
- 1 2.2 Handspring into or out of the ropes
- 1 2.3 Leap Frog over turner (leaning over)
- 1 2.4 Front Roll in
- 1 2.5 Back Roll in
- 14 1 3.1 Leap Frog over turner (standing upright)
- 1 3.2 Leap Frog over partner (from the side)
- 1 3.3 Kip in the middle of the ropes
- 1 3.4 Lifted Aerial (Gymnastics over turner)
- 1 3.5 Jump into ropes from leaping over the turner
- 1 3.6 Leap Frog over the partner who is behind/in front of turner
- 1 3.7 Vaults
- 1 3.8 Toe Pitch
- 1 3.9 Spotted Aerial in
- 1 3.10 Front Tuck In
- 1 3.11 Handspring In
- 1 3.12 Suicide In
- 1 3.13 Gymnastics over partner
- 1 3.14 Leap Frog with Half Turn

62 - Turner involvement

- 9 1 1.1 Basic turning
- 1 1.2 Turners watch jumpers feet

- 1 1.3 Turning slow
- 1 1.4 Turning fast
- 1 1.5 Knees
- 1 1.6 Walking in circle
- 1 1.7 Over the head Cross
- 1 1.8 Same trick as jumper
- 1 1.9 French turning, a.k.a. Irish turning
- 21** 1 2.1 Emphasis on eye contact with jumpers feet
- 1 2.2 Movement of turners with jumper
- 1 2.3 Speed of rope according to skill
- 1 2.4 Stall
- 1 2.5 Whip
- 1 2.6 Turning for Doubles
- 1 2.7 Jump Through
- 1 2.8 Backward Roll
- 1 2.9 Switching handles, For detail-video, click here!
- 1 2.10 Crougar
- 1 2.11 Crossing arms
- 1 2.12 Wrap
- 1 2.14 Jump Wrap
- 1 2.15 Leg over (1)
- 1 2.16 Leg over (2)
- 1 2.17 Both turners Cross and Uncross
- 1 2.18 Basic turner - jumper switch
- 1 2.19 One hand turning, View detail!
- 1 2.20 V-switch
- 1 2.21 Pop-up
- 6** 1 3.1 Movement with jumper with skill
- 1 3.2 Whip and stall
- 1 3.3 Ability to whip and stall without notice
- 1 3.5 Turning for Triples
- 1 3.6 Turning for gymnastics
- 28** 1 4.1 E.B. Split turn, View detail!
- 1 4.2 Helicopter
- 1 4.3 Push-ups
- 1 4.4 Split (1)
- 1 4.5 Double Jump trough
- 1 4.6 Double Dutch into Wheel
- 1 4.7 Handspring
- 1 4.8 Suicide
- 1 4.9 Frog
- 1 4.10 Snapper
- 1 4.11 2 to 1
- 1 4.12 Same skill as jumper in Fancy Feet
- 1 4.13 Jumper and turner switch places (all varieties)
- 1 4.14 Split Jump through
- 1 4.15 French turning with skill, a.k.a. Irish turning with skill
- 1 4.16 A.S.
- 1 4.17 C.L.
- 1 4.18 T.S.
- 1 4.19 French T.S., a.k.a. Irish T.S.
- 1 4.20 Turner jumps and turns at the same time
- 1 4.21 Giant Wheel: switches
- 1 4.22 Giant Wheel: step out
- 1 4.23 Giant Wheel: Caboose Cross

- 1 4.999 From Regular to French, detail of trick 1.9 From regular to french (3)
- 1 4.999 E.B. Split turn
- 1 4.999 Switching handles
- 1 4.999 Basic turner - jumper switch
- 1 4.999 One hand turning

69 - Single

- 15** 1 1.1 Basic Jump
- 1 1.2 Jump in and out
- 1 1.3 High Can Can
- 1 1.4 Jumping Jack
- 1 1.5 Rope inside, a.k.a. Jump single rope inside
- 1 1.6 Cartwheel out
- 1 1.7 Touch the floor
- 1 1.8 Full Twist
- 1 1.9 Speed Step
- 1 1.10 Toe touch
- 1 1.11 Spider
- 1 1.12 Jogger touch down
- 1 1.13 Enter from front of turner
- 1 1.14 Exit through turners legs
- 1 1.15 Grapevine
- 23** 1 2.1 Push-up
- 1 2.2 Push-up with Clap
- 1 2.3 Push-up with Kick
- 1 2.4 Push-up with Side Straddle
- 1 2.5 Handspring in
- 1 2.6 Seat Drop the Ring
- 1 2.7 Mountain Climber
- 1 2.8 Frog Mule Kick
- 1 2.9 Caterpillar
- 1 2.10 Straddle Jump
- 1 2.11 Roll
- 1 2.12 Cossack Can Can
- 1 2.13 Russian Straddle Jump
- 1 2.14 Tuck jump
- 1 2.15 Russian Split
- 1 2.16 Gymnastics in and out of the ropes
- 1 2.17 Rope inside with level two and three skills
- 1 2.18 Cossack
- 1 2.19 Crab
- 1 2.20 The Ring
- 1 2.21 Leg lift
- 1 2.22 Kip roll
- 1 2.23 Spread Eagle
- 3** 1 3.1 Split (1)
- 1 3.2 Push-up to crab
- 1 3.3 The X
- 28** 1 4.1 Frog Mule Kick with High Frog
- 1 4.2 Frog Mule Kick with One Foot
- 1 4.3 Frog Mule Kick with Two Feet
- 1 4.4 Frog Mule Kick One Handed
- 1 4.5 Frog Mule Kick with Forearm (AYOR)
- 1 4.6 Kip Back Extension
- 1 4.7 Crab with Cross Leg over Knee

- 1 4.8 Crab with Full Twist
- 1 4.9 Split
- 1 4.10 Consecutive Handstands
- 1 4.11 Frog to Split
- 1 4.12 Belch Frog
- 1 4.13 Russian Straddle Jump to Push-up
- 1 4.14 Back Handspring
- 1 4.15 Frog to Back Handspring
- 1 4.16 Varra Hurdles
- 1 4.17 Buddy Bounce, a.k.a. Bum Bounce
- 1 4.18 Belly Bounce (AYOR)
- 1 4.19 Back Bounce (AYOR)
- 1 4.20 Sparkolta
- 1 4.21 Table Turn Push-up, a.k.a. Turn Table Push-up
- 1 4.22 Aerials
- 1 4.23 Back Flip
- 1 4.24 Front Flip
- 1 4.25 Straddle Jump
- 1 4.26 Frogs 180 to Crab
- 1 4.27 Frog Mule Kick with 2 High Frogs
- 1 4.28 Frog Mule Kick with 4 High Frogs

67 - Double

- 5 1 1.1 Barrel
- 1 1.995 Leg Hold 180
- 1 1.996 Leg Hold 180
- 1 1.997 Butterfly
- 1 1.998 The Slide
- 24 1 2.1 Push-up trough Straddle
- 1 2.2 Leap Frog
- 1 2.3 Disco Swing
- 1 2.4 Dish Rag
- 1 2.5 Double Wrap
- 1 2.6 Twin Cities
- 1 2.7 Twin Cities Spin
- 1 2.8 Pretzel
- 1 2.9 Over Under
- 1 2.10 Pull Back Seat Drop
- 1 2.12 Step through
- 1 2.14 Over Under, 3 and 4 persons
- 1 2.15 Piggy Back
- 1 2.16 Disco Moves, a.k.a. Combination Moves
- 1 2.17 Leg Hold
- 1 2.18 Leg over 360
- 1 2.21 Leg hold 360
- 1 2.22 Jump over
- 1 2.23 Straddle Jumps over Push-up
- 1 2.24 Leg over and back
- 1 2.25 Leg over push-up
- 1 2.26 Alternate Arm Crab
- 1 2.27 Wash the Dishes
- 1 2.28 Pull through
- 8 1 3.1 The Webert
- 1 3.2 Double Pinwheel
- 1 3.3 The Glark

- 1 3.4 Handspring over partner
- 1 3.5 Front Flip over Push-up
- 1 3.6 Brain Basher
- 1 3.7 Eppie
- 1 3.8 The X
- 30 1 4.1 Toe Pitch
- 1 4.2 Destroyer
- 1 4.3 Scooter B
- 1 4.4 The Clark
- 1 4.5 Spotted Backflip
- 1 4.6 Pinwheel
- 1 4.7 Spotted Aerial
- 1 4.8 Table Turn Push-up, a.k.a. Turn Table Push-up
- 1 4.9 Frog over Split
- 1 4.10 Frog over Push-up
- 1 4.11 Subway (face to side)
- 1 4.12 Spotted Brandy
- 1 4.13 Wheel Barrow
- 1 4.14 Push-up with a plus
- 1 4.15 180 jump over
- 1 4.16 Back Flip with partner
- 1 4.17 Aerials
- 1 4.18 Spud
- 1 4.19 Handstand hold
- 1 4.20 Dive Roll over Push-up
- 1 4.21 Gymnastics over Push-up
- 1 4.22 Frog: Push-up / Split
- 1 4.23 Double Deck Push-up
- 1 4.24 Spotted Punch Front
- 1 4.25 K.J. Push-up
- 1 4.26 California Love
- 1 4.27 California Combo
- 1 4.28 California Split
- 1 4.29 ½ Propellor
- 1 4.30 The Mortin

95 - Wheels

- | | 41 | - 2 wheels |
|----|--------|---|
| 6 | 1 1.1 | 2 - Basic Jump |
| | 1 1.2 | 2 - Full Turn |
| | 1 1.3 | 2 - Criss Cross |
| | 1 1.4 | 2 - 360 (inside) |
| | 1 1.5 | 2 - Single Switch, a.k.a. 2 - Swap Places |
| | 1 1.6 | 2 - The Hug |
| 14 | 1 2.1 | 2 - Criss Cross, a.k.a. 2 - Front Cross |
| | 1 2.2 | 2 - Squat, a.k.a. 2 - Down |
| | 1 2.3 | 2 - Double Under |
| | 1 2.4 | 2 - Switch handles |
| | 1 2.5 | 2 - ½ Turn Switch |
| | 1 2.6 | 2 - Cartwheel |
| | 1 2.7 | 2 - Roundoff |
| | 1 2.8 | 2 - Leap Frog |
| | 1 2.9 | 2 - Roll Around, 2 - Double Switch |
| | 1 2.10 | 2 - Twins, 2 - Together Jump |
| | 1 2.11 | 2 - Twin Spin |

	1	2.12	2 - Side Swing Scoop
	1	2.13	2 - Full Turn Switch
	1	2.14	2 - J and G Circle
9	1	3.1	2 - Toad, a.k.a. 2 - Leg over Cross
	1	3.2	2 - Crougar, a.k.a. 2 - Leg Over
	1	3.3	2 - Scooper, a.k.a. 2 - Together 360 jump over
	1	3.4	2 - E.B.
	1	3.5	2 - 360 Switch
	1	3.6	2 - Handspring
	1	3.7	2 - Criss Cross Switch
	1	3.8	2 - Marlee
	1	3.9	2 - Wheel to Double Dutch
12	1	4.1	2 - Double Under Cross
	1	4.2	2 - Push-up
	1	4.3	2 - Frog, a.k.a. 2 - Donkey Kick
	1	4.4	2 - Awesome Annie
	1	4.5	2 - Reverse Marlee
	1	4.6	2 - T.S. Cross, a.k.a. 2 - BTB Cross
	1	4.7	2 - E.B. Cross, a.k.a. 2 - Split Cross
	1	4.8	2 - E.K. Full Twist
	1	4.9	2 - A.S.
	1	4.10	2 - Twins Formation, a.k.a. 2 - Side Swing Switch
	1	4.11	2 - Weave Cross
	1	4.12	2 - Double Under E.B.
29			- 3 wheels
4	1	1.1	3 - Basic Jump
	1	1.2	3 - Full Turn by outside jumpers
	1	1.3	3 - Front Cross by outside jumpers
	1	1.4	3 - 360 by outside jumpers
12	1	2.1	3 - Down - ½ Knee bend
	1	2.2	3 - Criss Cross by middle jumper
	1	2.3	3 - Criss Cross by outside jumpers
	1	2.5	3 - Full Turn by inside jumper
	1	2.6	3 - Single Switch, a.k.a. 3 - Swap Places
	1	2.7	3 - Backward Jump
	1	2.8	3 - 3 Wheel Drop, a.k.a. 3 into 2 Wheel
	1	2.9	3 - Twins Formation
	1	2.10	3 - Twins Formation, 3 - Side Swing
	1	2.11	3 - Cricle Switch
	1	2.12	3 - Double Switch***
	1	2.13	3 - Triple Spin
13	1	3.1	3 - Triple Switch
	1	3.2	3 - Push-up
	1	3.3	3 - Frog, a.k.a. 3 - Donkey Kick
	1	3.4	3 - Switcheroo***
	1	3.5	3 - Giant Turn***
	1	3.6	3 - MCLL ***
	1	3.7	3 - NAGEM***
	1	3.8	3 - MCLL with gymnastics
	1	3.9	3 - CAMEJEN***
	1	3.10	3 - Full Turn MCLL
	1	3.11	3 - UM formation
	1	3.12	3 - The BIG One
	1	3.13	3 - Crossing Skills

25			- 4 wheels
3	1	1.1	4 - Basic Jump
	1	1.2	4 - Full Turn by all jumpers
	1	1.3	4 - Squat
5	1	2.1	4 - Criss Cross by all jumpers
	1	2.2	4 - Switch handles
	1	2.3	4 - Single Switch, a.k.a. 4 - Swap Places
	1	2.4	4 - Circle Switch
	1	2.5	4 - Double Switch
17	1	4.1	4 - Twin Spin
	1	4.2	4 - Push-up
	1	4.3	4 - Frog, a.k.a. 4 - Donkey Kick
	1	4.4	4 - Twins Formation, a.k.a. 4 - Side Swing
	1	4.5	4 - Nagem
	1	4.6	4 - Backward MCLL
	1	4.7	4 - MCLL Switch
	1	4.8	4 - MAST Switch
	1	4.9	4 - GIG Switch
	1	4.10	4 - Leap Frog
	1	4.11	4 - Crossing Toad
	1	4.12	4 - Crossing A.S.
	1	4.13	4 - Crossing C.L.
	1	4.14	4 - Crossing E.B.
	1	4.15	4 - Crossing T.S.
	1	4.16	4 - The Mess
	1	4.17	4 - B.L.J.R. , Pronounced: 'Buljer'