

Your Name: _____

Blue Band Skills Checklist



Check off everything you CAN do. When you check 'em all and get your signature from an instructor and schedule your blue band test at info@urbanevo.com

<p>Strength / Conditioning</p> <ul style="list-style-type: none"><input type="checkbox"/> Precision Squats x10 (Tempo 5 sec down, 1 sec up)<input type="checkbox"/> Push ups x10 (5 sec down, 1 sec up)<input type="checkbox"/> Chin up negatives (Tempo 5 sec down)<input type="checkbox"/> F/B Lunging (10x each direction)<input type="checkbox"/> Hollow Rocks (x20)<input type="checkbox"/> Superman Rocks (x20)	<p>Vaults</p> <ul style="list-style-type: none"><input type="checkbox"/> Kong<input type="checkbox"/> Dash<input type="checkbox"/> Reverse<input type="checkbox"/> Gate<input type="checkbox"/> Kash<input type="checkbox"/> Turn
<p>Walls</p> <ul style="list-style-type: none"><input type="checkbox"/> Cat to Pre / Plyo / Stride<input type="checkbox"/> Tic tac to Pre (Flat Wall)<input type="checkbox"/> Wall Run 180 / Prince of Persia<input type="checkbox"/> Cat Dyno Upward<input type="checkbox"/> Cat to L1.5 Climb Up	<p>Rails</p> <ul style="list-style-type: none"><input type="checkbox"/> Pole Cat<input type="checkbox"/> Rail QM<input type="checkbox"/> Rail Walking (Hip Height)<input type="checkbox"/> Reverse Underbar<input type="checkbox"/> Rail Pre (Hip Height)<input type="checkbox"/> Lache to Pre
<p>Jumping / Landing / Ground Work</p> <ul style="list-style-type: none"><input type="checkbox"/> Running Pre (Body length)<input type="checkbox"/> Drop to Roll (chest height drop with mat)	<p>Bails / Miscellaneous techniques</p> <ul style="list-style-type: none"><input type="checkbox"/> Controlled Landings (Under / Overshoot on bar at Hip Height)<input type="checkbox"/> Kong Stall<input type="checkbox"/> Backwards Roll<input type="checkbox"/> Wall Stall at height<input type="checkbox"/> Vault Bail
<p>Instructor: _____</p>	
<p>Skills</p> <p>_____</p> <p>_____</p>	
<p>Responsible Approval Y / N</p> <p>Technical Approval Y / N</p>	
<p>Checked them all? For real? Time to get signatures and test!</p>	

Got Questions? Check out urbanevo.com for more info