

Your Name: _____

Green Band Skills Checklist



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

<p>Strength / Conditioning</p> <ul style="list-style-type: none"><input type="checkbox"/> Precision Squats x10 on trainer<input type="checkbox"/> Push ups / Incline Push ups x10 (knee to hip height)<input type="checkbox"/> Burpees x10<input type="checkbox"/> Grip hang: 30 sec Static<input type="checkbox"/> Superperson Hold 30 secs<input type="checkbox"/> Hollow Hold 30 Secs / Plank 1 min	<p>Vaults</p> <ul style="list-style-type: none"><input type="checkbox"/> Step / Safety<input type="checkbox"/> Speed<input type="checkbox"/> Thief<input type="checkbox"/> Easy<input type="checkbox"/> Lazy<input type="checkbox"/> Pop Vault
<p>Walls</p> <ul style="list-style-type: none"><input type="checkbox"/> Wall-Runs - 1 or 2 step to Cat hang<input type="checkbox"/> Wall Gaps: Cat-to-Dyno to landing<input type="checkbox"/> Wall Gaps: Cat to Drop<input type="checkbox"/> Jump to Topout to mount<input type="checkbox"/> Tic-tacs (ramps / vertical surfaces)	<p>Rails</p> <ul style="list-style-type: none"><input type="checkbox"/> Rail walking (on ground)<input type="checkbox"/> Underbar<input type="checkbox"/> Lache
<p>Jumping / Landing / Ground Work</p> <ul style="list-style-type: none"><input type="checkbox"/> Static Roll (Mat if wanted)<input type="checkbox"/> Drop to 4pt (Waist to chest height)<input type="checkbox"/> Standing Pre x3 (5-8 shoes)<input type="checkbox"/> Forward QM<input type="checkbox"/> Backward QM<input type="checkbox"/> Side QM	<p>Bails / Miscellaneous techniques</p> <ul style="list-style-type: none"><input type="checkbox"/> Backward Swing dismount<input type="checkbox"/> Assisted Dive Roll<input type="checkbox"/> Controlled Landings (Under and overshoot)<input type="checkbox"/> Drop to Qm gallop run<input type="checkbox"/> Wall Stall
<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