

Active Start I: White Ribbon

My Baton Skills

I can show...

- Parts of the Baton Ball Tip Shaft
-

- Proper Grip Thumb to Ball Thumb to Tip
-

- A Big Circle Right Hand Left Hand
-

- Loops Right Hand Left Hand
-

- Wrist Twists Right Hand Left Hand
-

- Vertical Matched Hand Passes
-

- Horizontal Passes Chest Neck Back
-

- Golf Swings
-

- Sliding Grip with Two Hands
-

- Sliding Grip with One Hand Right Hand Left Hand
-

- A Double Arm Roll Down
-

- Baton Balances Arm Back of Hand Elbow
-

My Body Work

I can show...

- The Positions of the Room
-

- Ball Pose
-

- Tuck Position
-

- A Pre-Pike Stretch
-

- Arm Positions Jazz 2nd Hands on Hips
-

- Foot Positions Jazz 1st Jazz 2nd
-

- Jumps with Support
-

- Mark Time March
-

- Clapping to Eight in Time
-

Comments:

Coach/Adjudicator Signature Completion Date Pass Retry

Advance your skills by continuing with the
CBTF Skills Development Program!

Active Start I: White Ribbon

Active Start II: Red Ribbon

Yellow Badge

Orange Badge

Red Badge

Maroon Badge

Bronze Pin

Grey Badge

Green Badge

Turquoise Badge

Pink Badge

Silver Pin

Purple Badge

Blue Badge

Gold Pin

Copper Badge

Diamond Pin

Black Badge

Maple Leaf Pin

The Canadian Baton Twirling Federation is committed to providing
quality programs for our members following Sport for Life's
Long-Term Development Framework.

C.B.T.F.

The Skills Development Program

Active Start I:

White Ribbon



Report Card

NAME: _____