

Active Start II: Red Ribbon

My Baton Skills

I can show...

Figure Eight End Loops Right Hand Left Hand

Circles and Loops Right Hand Left Hand

Cradle Position Attention At Ease

Shoulder Passes

Elbow Passes Forward Reverse

Tree Position with Matched Hand Passes

Deadstick Drop Grab Catch Palm Up Catch

Comments:

Coach/Adjudicator Signature Completion Date Pass Retry

My Body Work

I can show...

Marching Exercise

Rise to Demi-Pointe with Support

Parallel Retire Position Right Leg Left Leg

Stretch and Flex in Pike

Head Positions

Parallel Tendu to the Front Right Leg Left Leg

Hops with Support

Tuck Jumps from Two Feet

Demi-Pointe Walks

Step Touch in time to a Metronome

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

C.B.T.F.
The Skills Development Program

Active Start II: Red Ribbon



Report Card

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

NAME: _____