

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: _____