

# 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 2<sup>nd</sup>     Hands on Hips
- 

- Foot Positions     Jazz 1<sup>st</sup>     Jazz 2<sup>nd</sup>
- 

- Jumps with Support
- 

- Mark Time March
- 

- Clapping to Eight in Time
- 

Comments:

Coach/Adjudicator Signature    Completion Date     Pass     Retry

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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: \_\_\_\_\_