

CH:

NINJA ACHIEVEMENT TRACKER

NAME _____ DAY/TIME _____

ROPE CLIMB

LEVEL 1 GOALS

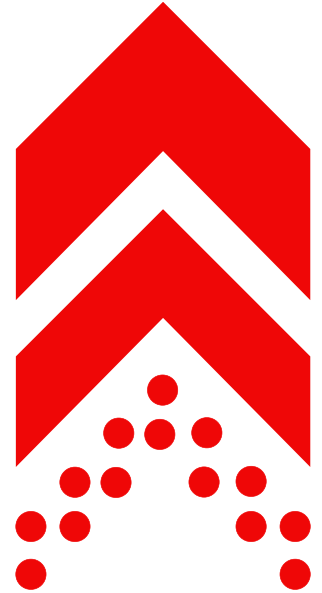
- ☐ J-Hook (seated)
- ☐ J-Hook (standing)
- ☐ 10 Alt. Hand releases
- ☐ 10 Rope Squats

LEVEL 2 GOALS

- ☐ Halfway Climb (Squat descent)
- ☐ Halfway Climb (Extended leg descent)
- ☐ Full Climb (Controlled descent)

LEVEL 3 GOALS

- ☐ Double Full Climbs (Use both descent techniques)
- ☐ Jump Start Climb (jump, pullup, J-Hook high)



ELITE LEVEL --->

☐ Legless Climb

☐ L-Sit Climb

ADJUSTABLE WALLS

LEVEL 1 GOALS

- ☐ Standard Climb over (Hands in front)
- ☐ Safety Vault (Right and Left)
- ☐ Speed Vault (Right and Left)

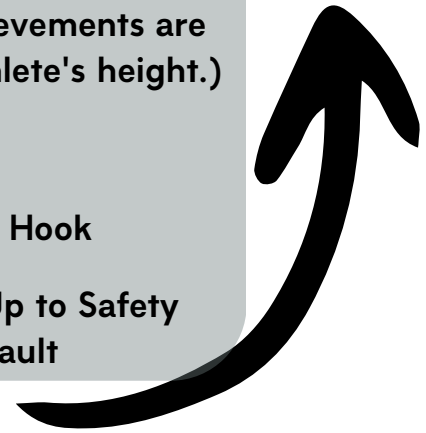
LEVEL 3 GOALS

- ☐ Toe-Off (higher wall)
- ☐ Muscle-up to Speed Vault (HR2A)
- ☐ Wall to Wall Dyno's

LEVEL 2 GOALS

(All Level 2 achievements are relative to the athlete's height.)

- ☐ Toe Off
- ☐ V-Up Heel Hook
- ☐ Muscle-Up to Safety Vault



ELITE LEVEL

☐ No Elite Level