

CH:

NINJA ACHIEVEMENT TRACKER

NAME _____ DAY/TIME _____

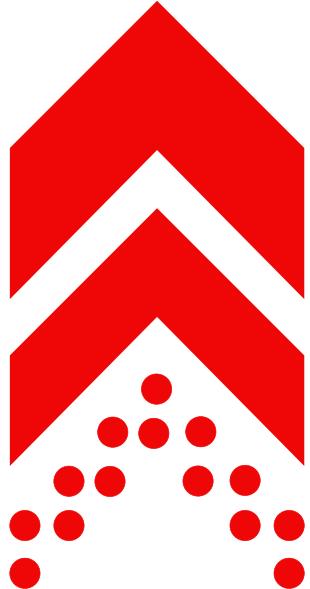
ROPE CLIMB

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 2 GOALS

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

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

LEVEL 3 GOALS

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

ELITE LEVEL

No Elite Level

