|  |  |
| --- | --- |
| **Level 1**Knuckle Bump + Turn Rope | **Level 2**Knuckle Bump + Turn Rope + Trap with Feet |
| **Level 3**Knuckle Bump + Turn Rope + Trap with Feet + Jump Over Once | **Level 4**Knuckle Bump + Turn Rope + Jump Over Once |
| **Level 5**Knuckle Bump + Turn Rope + Jump + Keep Jumping |

****