



Level 1	One Bounce 25	
Level 2	Any Surface 25	
Level 3	Alternating Right/Left Laces 25	
Level 4	Alternating Right/Left Thigh 25	
Level 5	Head 25	
Level 6	Alternating Foot/Thigh 25	
Level 7	Alternating Laces/Inside Foot 25	
Level 8	Alternating Laces/Outside Foot 25	
Level 9	Shoulders 25	
Level 10	Alternating Shoulders/Head 25	
Level 11	Alternating Right/Left Laces 100	
Level 12	Alternating Right/Left Thigh 100	
Level 13	Alternating Laces/Head 25	
Level 14	Alternating Inside/Outside Foot 25	
Levels 15-20 - All Moving - 60 yards under 12 seconds		
Level 15	Any surface	
Level 16	Feet	
Level 17	Thighs	
Level 18	Head	
Level 19	Alternating Foot/Head	
Level 20	Alternating Shoulders/Head	