RED SLING (Recommended ~3-4 Years of Training)

* Must already have an Orange Sling Certification
* Must be able to perform all of the following tricks:
  + Triple Vert Stop
  + Double Left-Left
  + OTH Left Hand Continuous (without looking, minimum 5 rotations)   
    or OTH Right Hand Continuous (without looking, minimum 5 rotations)
  + TIC Crossplane or Centino Crossplane
  + Rising Sun Double Exit (three times without stopping)
  + Single Tomahawk
  + Triple Side Toss
* Must also be able to perform 3 tricks of your choice from the following list:
  + Kiwi Grab (from Double or higher)
  + Double Side Toss Ike Catch
  + Double Back Ninja
  + J Hook
  + Rising Sun Double Exit BTB Flow Catch
  + Double Under the Leg Catch