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