

Acrobatic Arts - Level 4

Flexibility

Pre-Splits R (4 inches)



Pre-Splits L (4 inches)



Pre-Splits Centre (4 inches)



Pre-forward bend (4 inches)



Pre-toes to head (4 inches)



Shoulder Stretch (touching)



Strength

Plank Examiners Choice, option 1
40 seconds - all together



Plank Examiners Choice, option 2
40 seconds - all together



Plank Examiners Choice, option 3
40 seconds - all together



Plank Examiners Choice, option 4
40 seconds - all together



Plank Examiners Choice, option 5
40 seconds - all together



Superhero 40 seconds
Altogether





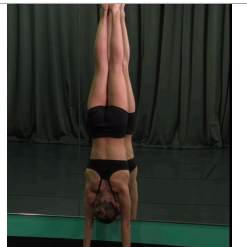
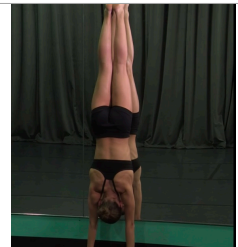
Table Top 40 seconds
Altogether



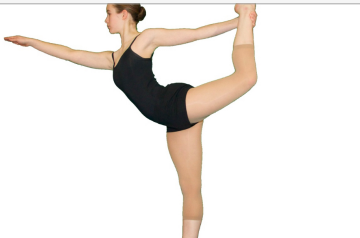
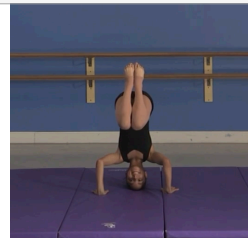

Upper Body Lifts (25 consecutive)
In partners, altogether





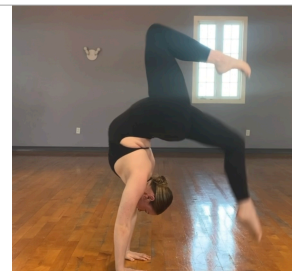

Acrobatic Arts - Level 4

V Sit 40 seconds Altogether	Bridge (in line) 25 seconds	Handstand Shoulder Shrugs (5 consecutively). One at a time	Handstand facing the Wall, straight - 25 seconds, altogether
			

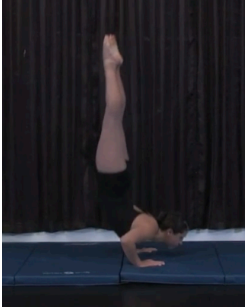





Balancing

Half Scorpion, 5 seconds (R or L) One at a time	Headstand (Tuck) 15 seconds One at a time	Headstand (press to straddle) 5 seconds One at a time	
			

Limbering

Bridge Recover One at a time	Bridge and Kick Over (R or L) One at a time	Bridge Prances (Retirés) One at a time	Bridge with straight Legs Altogether
			

Acrobatic Arts - Level 4

<p>Handstand to Chest Roll One at a time</p>	<p>Handstand to Bridge (R & L) One at a time)</p>		
			
<h2>Tumbling</h2>			
<p>Dive Forward Roll One at a time</p>	<p>Handstand to forward roll (R or L) One at a time</p>	<p>One hand (closed hand) Cartwheel (R&L) One at a time</p>	<p>2 consecutive cartwheels (R or L) One at a time</p>
			
<p>Chassé Step Hop Retiré cartwheel (R & L)</p>			
