

Acrobatic Arts - Level 1

Flexibility

Butterfly demonstration Forward
All together, held until examiner says



Articulated Cobra
Group or individually



Square Hip Exercise R



Square Hip Exercise L



Straddle Stretch Demonstration



Pre-Forward Bend (6 inches)



Strength

Frog Jumps (5)
One at a time



Hops R then L Foot (5 each foot)
One at a time














Plank 10 seconds
One at a time







Superhero 10 seconds
Altogether



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<p>Table Top 10 seconds Altogether</p>	<p>V Sit Demonstration One at a time</p>	<p>Wall Sit 10 seconds Altogether</p>	<p>Handstand facing the wall, 5 seconds One at a time</p>
			
<h2>Balancing</h2>			
<p>L Foot Retire Demonstration One at a time 5 secs</p>	<p>R Foot Retire Demonstration One at a time 5 secs</p>	<p>Demi-Pointe Demonstration One at a time, 5 secs</p>	
			
<h2>Limbering</h2>			
<p>Pike, Tuck, Straddle Altogether</p>	<p>Stretch and Flex Feet Altogether, 5 times</p>	<p>Tendu to 2nd ending position with transfer of weight One at a time</p>	<p>Push Up to Bridge One at a time, 5 seconds</p>
			
<h2>Tumbling</h2>			

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<p>Hollow Position Arms Up Altogether</p>	<p>Log Rolls One at a time, 3 rolls</p>	<p>Step Hop in Retiré, Continuous to end of mat One at a time</p>	<p>Rock and Roll from standing, Once, one at a time</p>
			
<p>Forward Pike Roll One at a time</p>	<p>L handstand (R & L) One at a time</p>	<p>Pre-Cartwheel (R & L) One at a time</p>	
