

Acrobatic Arts - Primary Level

Flexibility

Butterfly demonstration
All together, held until examiner says



Cobra
All together, held until examiner says



Rock and Roll Demonstration
One at a time 1-3 times



Pre-Forward Bend



Strength

Crab Walks
One at a time 1.5 meters



Frog Jumps (3)
One at a time



Tuck Jumps (3)
One at a time



Plank Demonstration
One at a time



Superhero Deomnstration
Altogether



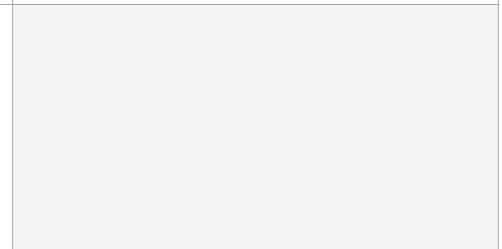
Table Top Demonstration
Altogether



Wall Sit Demonstration
Altogether



Walk Up the Wall
One at a time



Acrobatic Arts - Primary Level

Balancing

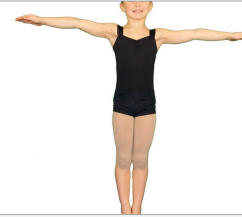
L Foot Retire Demonstration
One at a time 3 secs



R Foot Retire Demonstration
One at a time 3 secs



Demi-Pointe Demonstration
One at a time, 3 secs



Limbering

Ball Pose
Altogether



Stretch and Flex Feet
Altogether, 5 times

Pike
Altogether



Acro second Position
One at a time

Tuck
Altogether








Tendu Devant
Altogether

Straddle
Altogether



Tendu to Seconde ending position
Altogether

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<p>Pre-Bridge Altogether</p>			
			
<h2>Tumbling</h2>			
<p>Hollow Position Altogether</p>	<p>Gallops Forward One at a time, length of the mat</p>	<p>Somersault One at a time, once</p>	<p>Pre-Cartwheel (R or L) One at a time, once</p>
