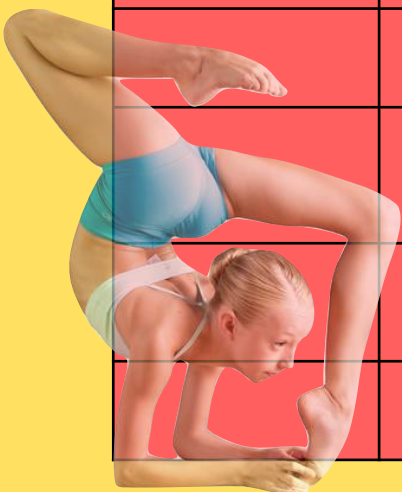


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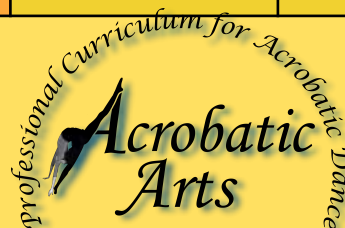
Level Primary

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Butterfly stretch demonstration		Plank demonstration		Stand on right foot demonstration		Ball pose		Log rolls	
Rock and roll demonstration		Wall sit demonstration		Stand on left foot demonstration		Pike		Gallops (side)	
Pre forward bend demonstration		Superman demonstration		Rise on demi pointe demonstration		Tuck		Gallops (front)	
Cobra demonstration		Table top demonstration				Straddle		Pre cartwheel (right or left)	
		Tuck jumps (3 in a row)				Baby bridge		Somersault	
		Frog jumps (3 in a row)				Tendu devant starting position			
		Crab walk (5 feet)				Tendu á la second ending position			
						Jazz second starting position			
						Stretch and flex feet			



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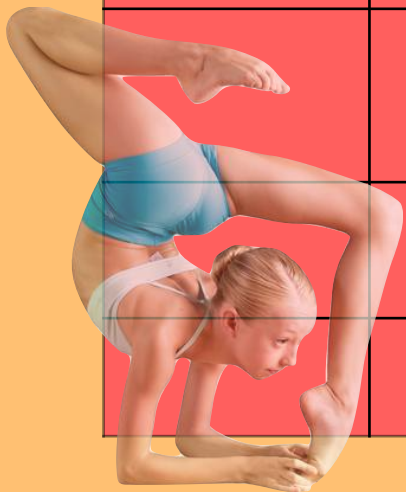
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Acrobatic Arts

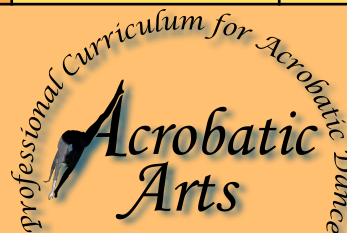
Level One

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre forward bend (6 inches)		Plank demonstration		Stand on right foot for 3 seconds		Pike		L handstand (right or left)	
Square hip exercise (right)		Wall sit hold for 10 seconds		Stand on left foot for 3 seconds		Tuck		Skipping	
Square hip exercise (left)		Superman hold for 10 seconds		Rise on demi pointe, hold for 3 seconds		Straddle		Rock and roll (from standing, to standing)	
Straddle stretch demonstration		Table top hold for 10 seconds				Push up to bridge		Pre cartwheel (right and left)	
Cobra demonstration		V sit demonstration				Tendu devant starting position (right and left)		Forward pike roll (ends in pike)	
		Handstand facing wall demonstration (pike)				Tendu à la second ending position (right and left)			
		Hops right foot and left foot (3 in a row)				Stretch and flex feet			
		Frog jumps (5 in a row)							



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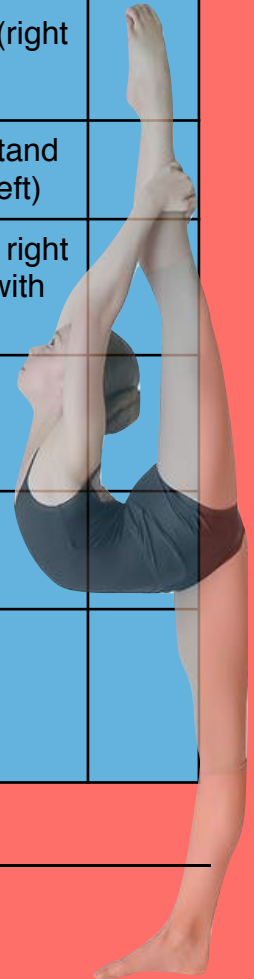
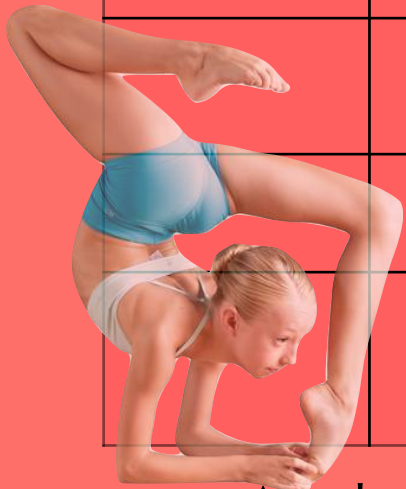
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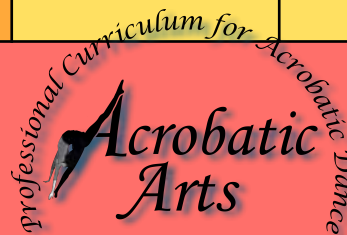
Level Two

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (6 inches)		Plank, hold for 20 seconds		Baby scorpion, hold for 5 seconds		Pike, tuck and straddle		Forward roll	
Pre-splits left (6 inches)		Wall sit, hold for 20 seconds		Teddy bear stand, hold for 5 seconds		Stretch and flex feet		Straddle roll	
Pre-splits centre (6 inches)		Superman, hold for 20 seconds		Seated double leg hold for 3 seconds		Walk down the wall to bridge		Cartwheel (right or left)	
Pre-toes to head (6 inches)		Table top, hold for 20 seconds				Down to bridge (with spot)		Pre handstand (right or left)	
Pre forward bend (6 inches)		V sit, hold for 20 seconds				Bridge retiré (right and left)		Handstand right and left (with spot)	
		Upper body lifts (10 consecutive)				Bridge with kick and jump (right or left)			
		Bridge, hold for 10 seconds				Bridge waving (right and left)			
		Handstand facing the wall, hold for 10 seconds (pike)							



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Level Three

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (6 inches)		Plank, hold for 30 seconds		Baby scorpion, hold for 10 seconds		Down to bridge		Backward roll	
Pre-splits left (6 inches)		Wall sit, hold for 30 seconds		Teddy bear stand, hold for 10 seconds		Walk down the wall to bridge and up the wall to standing		Handstand to forward roll	
Pre-splits centre (6 inches)		Superman, hold for 30 seconds		Seated double leg hold for 5 seconds		Recover from bridge (with spot)		Cartwheel (right or left)	
Pre-toes to head (6 inches)		Table top, hold for 30 seconds				Bridge with kick and jump (right and left)		Handstand (right and left) (with spot)	
Pre-forward bend (4 inches)		V sit, hold for 30 seconds				Inside out bridge			
		Upper body lifts (20 consecutive)				Bridge walking			
		Hold Bridge for 15 seconds				Bridge and kick over with a stack (right or left)			
		Handstand facing the wall, hold for 20 seconds (pike)				Bridge retiré développé (right and left)			



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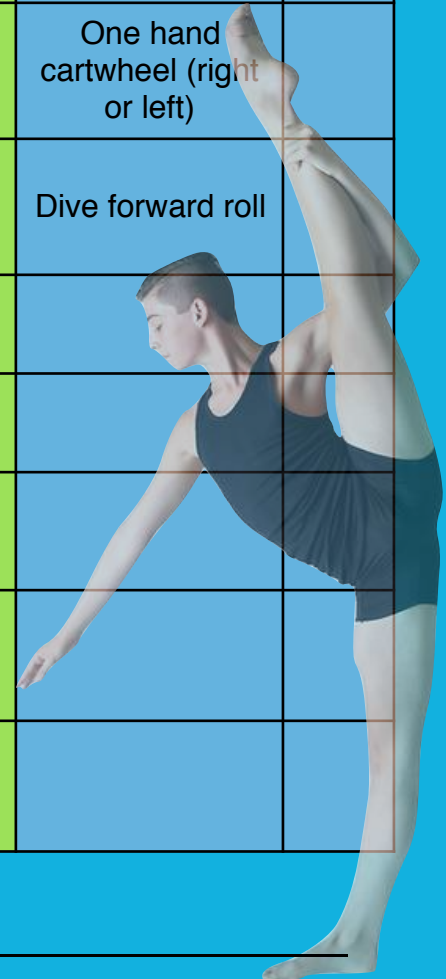
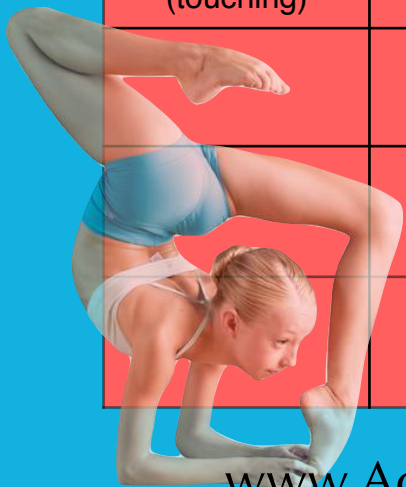
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Acrobatic Arts

Level Four

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (4 inches)		Adjudicator's choice plank, hold for 40 seconds		Half scorpion, hold for 5 seconds		Bridge recover		Cartwheel (right and left)	
Pre-splits left (4 inches)		Wall sit, hold for 40 seconds		Headstand (tuck), hold for 15 seconds		Bridge and kick over (right or left)		Handstand to bridge (right or left)	
Pre-splits centre (4 inches)		Superman, hold for 40 seconds		Seated double leg hold for 10 seconds		Bridge prances		One hand cartwheel (right or left)	
Pre-toes to head (4 inches)		Table top, hold for 40 seconds		Headstand (straddle), hold for 5 seconds		Bridge with straight arms and legs		Dive forward roll	
Pre-forward bend (4 inches)		V sit, hold for 40 seconds				Handstand to chest roll			
Shoulder stretch (touching)		Upper body lifts (25 consecutive)							
		Bridge, hold for 20 seconds							
		Handstand against the wall, hold for 20 seconds							
		Handstand facing the wall, hold for 20 seconds							

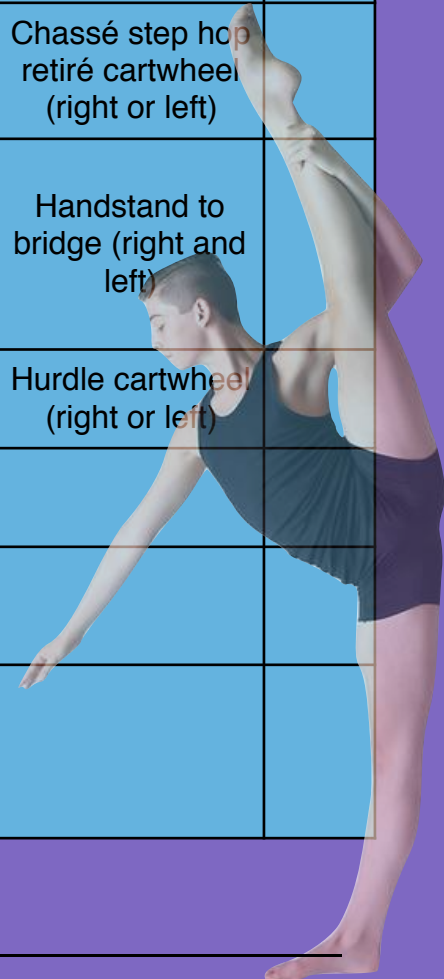
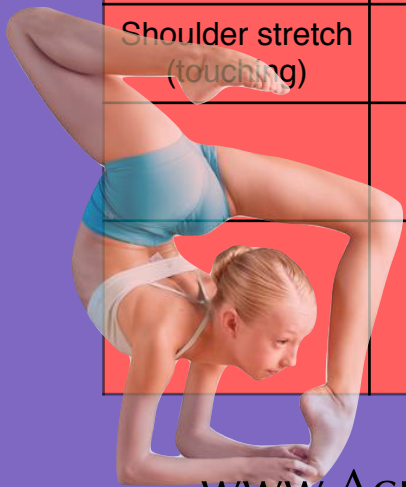


Acrobatic Arts

Level Five

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (4 inches)		Adjudicator's choice plank, hold for 50 seconds		Half scorpion, hold for 10 seconds		Bridge recover		Cartwheel to kneeling (right or left)	
Pre-splits left (4 inches)		Superman, hold for 50 seconds		Monkey stand, hold for 5 seconds		Bridge and kick over (right or left)		One hand cartwheel (right or left)	
Pre-splits centre (4 inches)		Table top, hold for 50 seconds		Headstand (straddle), hold for 10 seconds		Rocking bridges		Chassé step hop retiré cartwheel (right or left)	
Pre-toes to head (4 inches)		V sit, hold for 50 seconds		Front chest stand (legs straight/together), hold for 5 seconds		Bridge to elbows		Handstand to bridge (right and left)	
Pre-forward bend (2 inches)		Wall sit, hold for 50 seconds				Arabian forward roll (straddle)		Hurdle cartwheel (right or left)	
Shoulder stretch (touching)		Upper body lifts (30 consecutive)							
		Bridge, hold for 30 seconds							
		Adjudicator's choice handstand, hold for 30 seconds							

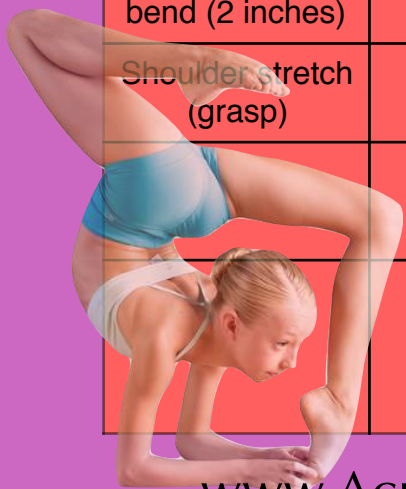


Acrobatic Arts

Level Six

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (2 inches)		Adjudicator's choice plank, hold for 1 minute		Headstand, show 2 leg positions, hold for 10 seconds each		Bridge recover (5 in a row)		Chassé step hop retiré cartwheel (right and left)	
Pre-splits left (2 inches)		Wall sit, hold for 1 minute		Front chest stand (legs straight/together), hold for 10 seconds		Bridge kick over (right and left)		Front limber (right or left)	
Pre-splits centre (2 inches)		Superman, hold for 1 minute		Monkey stand, hold for 10 seconds		Tick tock (right or left)		Back walkover (right or left)	
Pre-toes to head (2 inches)		V sit, hold for 1 minute		Leg hold for 5 seconds (right or left)		Bridge to back chest roll		Hurdle Roundoff (right or left)	
Pre-forward bend (2 inches)		Upper body lifts (35 consecutive)				Fish flop			
Shoulder stretch (grasp)		Push up (1)				Arabian forward roll (pike)			
		Bridge, hold for 40 seconds							
		Adjudicator's choice handstand, hold for 40 seconds							

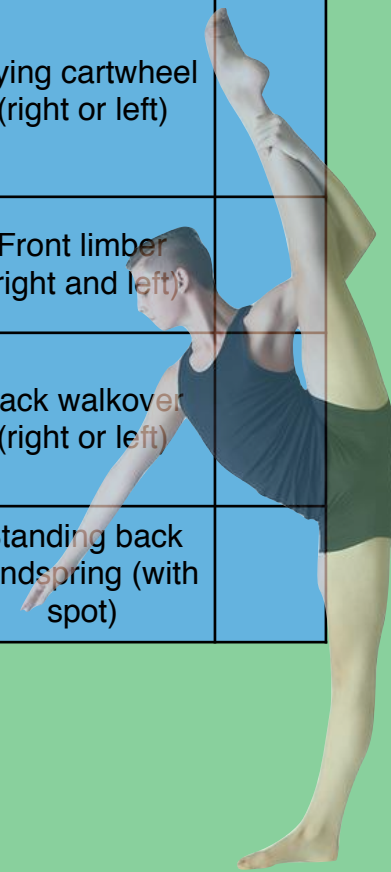


Acrobatic Arts

Level Seven

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Pre-splits right (2 inches)		Bridge, hold for 1 minute		Forearm stand, hold for 5 seconds		Tick tock (right or left)		One hand cartwheel (right and left)	
Pre-splits left (2 inches)		Adjudicator's choice handstand, hold for 1 minute		Headstand, show 3 leg positions, hold for 10 seconds each		Bridge to back chest roll		Chassé step hop (split) cartwheel (right or left)	
Pre-splits centre (2 inches)		Handstand shoulder shrugs (10)		Front chest stand, show 2 leg positions, hold 5 seconds each		Arabian limber (straddle)		Flying cartwheel (right or left)	
Pre-toes to head (2 inches)		Sit ups (30 consecutive)		Leg hold for 10 seconds (right or left)		Back arabian walkover		Front limber (right and left)	
Full forward bend		Upper body lifts (40 consecutive)		One arm shoulder stand, hold for 5 seconds		Needle (right or left)		Back walkover (right or left)	
Shoulder stretch (grasp)		Push ups (5 consecutive)						Standing back handspring (with spot)	

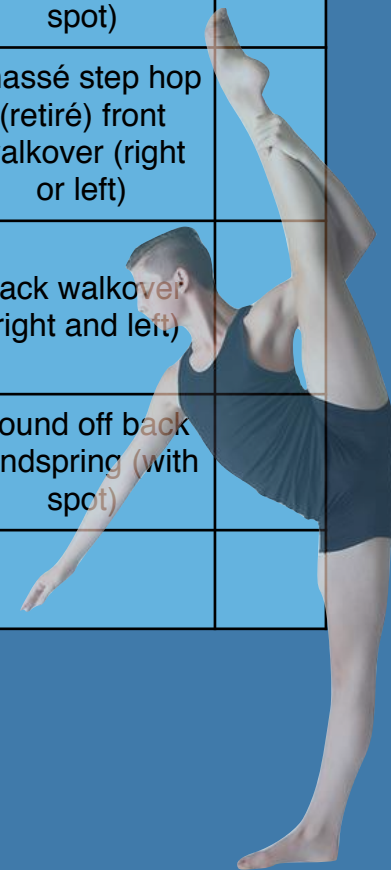


Acrobatic Arts

Level Eight

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Full splits right		Handstand shoulder touches (10 consecutive)		Front chest stand, show 3 positions, hold 5 seconds each		Tick tock (right and left)		Chassé step hop (split) cartwheel (right and left)	
Full splits left		Handstand shoulder shrugs (20 consecutive)		Leg hold for 15 seconds (right or left)		Back walkover to chest roll (right or left)		Flying cartwheel (right and left)	
Full splits centre		V snaps (15 consecutive)		Handstand walking 5 feet		Front chest roll to bridge		Side aerial (with spot)	
Toes to head		Upper body lifts with height (20 consecutive)		Forearm stand, hold for 10 seconds		Arabian limber (pike)		Chassé step hop (retiré) front walkover (right or left)	
		Push ups (10 consecutive)		One arm shoulder stand, hold for 10 seconds		Reverse illusion (right or left)		Back walkover (right and left)	
		Crocodile, hold for 5 seconds				Bow and arrow		Round off back handspring (with spot)	
						Front walkover to tendu			

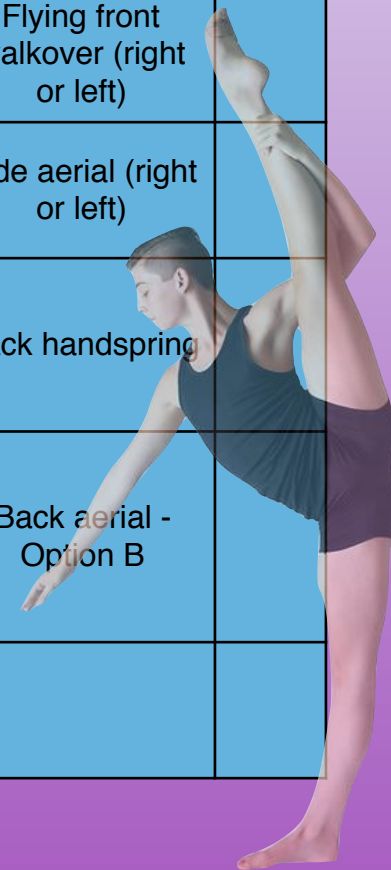


Acrobatic Arts

Pre Professional One

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Full splits right		Handstand shoulder touches (20 consecutive)		Handstand walking 10 feet		Tick tock (right and left) (3 in a row)		Chassé step hop (retiré) front walkover (right and left)	
Full splits left		Handstand shoulder shrugs (30 consecutive)		Headstand press to handstand		Back walkover to chest roll (right and left)		One hand front walkover (right hand and left hand)	
Full splits centre		V snaps (20 consecutive)		Leg hold for 5 seconds (right and left)		Arabian front walkover (straddle)		Flying front walkover (right or left)	
Toes to head		Upper body lifts with height (30 consecutive)		Handstand, hold for 5 seconds		Scorpion		Side aerial (right or left)	
		Push ups (15 consecutive)		Forearm stand, show 2 leg positions, hold 10 seconds each		Reverse illusion (right and left)		Back handspring	
		Hold crocodile for 10 seconds		One arm shoulder stand, show 2 leg positions, hold 10 seconds each		Valdez (right or left)		Back aerial - Option B	
						Front chest roll to standing - Option A			

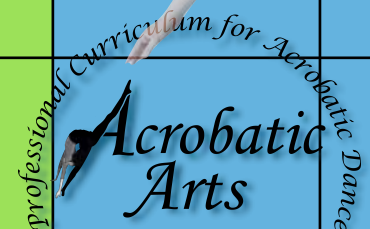


Acrobatic Arts

Pre Professional Two

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Over-splits right (2 inches)		Handstand shoulder touches (25 consecutive)		Combine 2 inverted balance skills, hold 10 seconds each		Switch back walkover		One hand front walkover (right and left)	
Over-splits left (2 inches)		Handstand shoulder shrugs (30 consecutive)		Headstand press to handstand, front walkover		Back walkover to arabesque		Flying front walkover (right and left)	
Full splits centre		V snaps (25 consecutive)		Leg hold for 10 seconds (right and left)		Arabian front walkover (pike)		Step hop side aerial (right or left)	
Toes to nose		Upper body lifts with height (40 consecutive)		Handstand, hold for 10 seconds		Needle to forward roll		Round off back handspring	
		Push ups (15 consecutive)		Forearm stand, show 3 leg positions, hold 10 seconds each		Valdez (right or left)		Back handspring, back aerial - Option B	
		Crocodile, hold for 10 seconds		One arm shoulder stand, show 3 leg positions, hold 10 seconds each		Rolling tinsica from kneeling to kneeling			
				Handstand walking, show 2 leg positions, 20 feet		Front chest roll (3 continuous) - Option A			



Acrobatic Arts

Pre Professional Three

AcroDance Progress Card

Flexibility		Strength		Balancing		Limbering		Tumbling	
Over-splits right (4 inches)		Handstand shoulder touches (30 consecutive)		Combine 3 inverted balance skills, hold 10 seconds each		Press arabian front walkover (straddle)		Chainé side aerial (right or left)	
Over-splits left (4 inches)		Handstand shoulder shrugs (30 consecutive)		Fish flop to front chest stand, hold 10 seconds		Leg hold to back walkover		Front aerial (right or left)	
Full splits centre		V snaps (30 consecutive)		Leg hold right and left (front, carry to side hold for 10 seconds)		Full scorpion (right or left)		Side aerial (right and left)	
Toes to nose		Upper body lifts with height (50 consecutive)		Handstand, show 2 leg positions, hold 10 seconds each		Back walkover to arabesque		Cartwheel double back handspring step out (right or left)	
		Push ups (20 consecutive)		Handstand walking 20 feet, half turn, 20 feet, return to start		Valdez (right and left)		Optional tumbling skill	
		Crocodile, hold for 15 seconds				Rolling tinsica (continuous)		Back layout - Option B	
						Back handspring to chest roll			
						Front chest roll (3 continuous) - Option A			

