



Acro (Level 1) Skill List

- Flexibility
 - Pre-split Right (4 inches)
 - Pre-splits Left (4 inches)
 - Pre-splits Center (4 inches)
 - Toes to Head (4 inches)
- Strength
 - Plank (30 sec)
 - Superman (30 sec)
 - V-sit (30 sec)
 - Box Pose (30 sec)
 - Straddle hold on box (5 sec)
- Balancing
 - Candlestick
 - Half scorpion (10 sec)
 - Headstand legs straight (10 sec)
- Tumbling
 - Forward Roll
 - Backward Roll
 - L-kick
 - Vertical Handstand
 - Handstand forward roll
 - Cartwheel
 - Cartwheel from one knee
 - One handed cartwheel
 - Hurdle with proper footing and shaping
 - Hurdle Round Off - knee landing on incline mat with proper shaping
- Limbering
 - Bridge march toe to knee (8 count)
 - Rock up from Bridge
 - Bridge down from standing
 - Bridge down travel across mat without resting head on floor
 - Inside out Bridge
 - Kick over on flat surface

Skills must be done with confidence along with proper form and execution

****No experience needed****



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 - Pre-split Right (4 inches)
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 - Pre-splits Center (4 inches)
 - Toes to Head (4 inches)
- Strength
 - Plank (30 sec)
 - Superman (30 sec)
 - V-sit (30 sec)
 - Box Pose (30 sec)
 - Straddle hold on box (5 sec)
- Balancing
 - Candlestick
 - Half scorpion (10 sec)
 - Headstand legs straight (10 sec)
- Tumbling
 - Forward Roll
 - Backward Roll
 - L-kick
 - Vertical Handstand
 - Handstand forward roll
 - Cartwheel
 - Cartwheel from one knee
 - One handed cartwheel
 - Hurdle with proper footing and shaping
 - Hurdle Round Off - knee landing on incline mat with proper shaping
- Limbering
 - Bridge march toe to knee (8 count)
 - Rock up from Bridge
 - Handstand Bridge rock up
 - Bridge down from standing
 - Kick over on flat surface
 - Bridge down kick over
 - Bridge down travel across mat without resting head on floor
 - Inside out Bridge

Skills must be done with confidence along with proper form and execution

****Prior level 1 experience - working towards improving skills****



Acro (Level 2) Skill List

- Flexibility
 - Pre-split Right (2 inches)
 - Pre-splits Left (2 inches)
 - Pre-splits Center (2 inches)
 - Toes to Head (2 inches)
- Strength
 - Push up (10)
 - Superman (45 seconds)
 - V-sit (45 seconds)
 - Straddle hold (5 sec)
 - Straight body handstand against wall (45 seconds)
 - Straight body handstand shoulder shrugs against wall (10 consecutive)
 - Handstand shoulder touches (10 consecutive)
 - Press handstand against wall
- Balancing
 - $\frac{3}{4}$ Scorpion hold (10 sec)
 - Headstand (20 sec hold each position 5 sec - straight, tuck, straddle, spaghetti)
 - Elbow stand (hold for 5 seconds)
 - Chin stand straight legs (5 sec)
 - Handstand $\frac{1}{2}$ pirouette forward roll out with required hand shifts
- Tumbling
 - Needle roll
 - Fish roll
 - Elbow cartwheel
 - Shoulder cartwheel
 - Handstand to chest roll
 - Powerful Round Off Rebound
 - Back handspring drills with proper shaping, head position and body awareness
 - Aerial drills with proper footing, float and air awareness
 - Front Handspring step out
- Limbering
 - Bridge Prances toe to knee (8 count)
 - Cheese Leg with proper stand up
 - Front walkover on dance floor
 - Tick-Tock
 - Toe Point Back walkover on dance floor
 - Moon walkover (first variations)

Evaluation needed. Must have all Level 1 skills
Skills must be done with confidence, straight legs and pointed toes



Acro (Level 3) Skill List

- Flexibility
 - Full split Right
 - Full splits Left
 - Full splits Center
 - Toes touch Head
- Strength
 - Push ups (15 consecutive)
 - Arch rocks (15 consecutive)
 - V-ups (15 consecutive)
 - Press Straddle hold from standing
 - Straight body handstand against wall (1 min)
 - Straight body handstand shoulder shrugs against wall (15 consecutive)
 - Handstand shoulder touches (15 consecutive)
 - Press handstand from standing
- Balance
 - Full Scorpion
 - Headstand tuck press to handstand (step out)
 - Elbow stand (10 sec)
 - Chin stand (2 leg positions hold 10 sec each)
 - Handstand no walking (5 sec)
 - Handstand walk (4 panel lengths)
 - Handstand full pirouette forward roll out with required hand shifts
 - One arm shoulder stand (5 sec)
- Tumbling
 - Forward Fish roll
 - Forward chest roll
 - Flip Flop/Back Handspring
 - Flip Flop Step Out
 - Round Off Flip Flop
 - Front Handspring
 - Front handspring step out front handspring two foot landing combination
 - Kickover front to seated position
 - Side Aerial
- Limbering
 - Toe Rise → Toe Rise to Bridge
 - Moonwalkover (second variation)
 - Bridge Prancese (straight legs)
 - One handed front walkover
 - Reverse Illusion
 - Valdez
 - Kip Up
 - Headspring

****Evaluation needed. Must have all Level 2 skills****

Skills must be done with confidence, straight legs and pointed toes



Acro (Level 4) Skill List

- Flexibility
 - Over-split Right
 - Over-splits Left
 - Over-splits Center
 - Toes touch Chin
- Strength
 - Push ups (20 consecutive)
 - Arch Rocks (20 consecutive)
 - V-ups (20 consecutive)
 - Handstand Straddle through hold (5 secs)
 - Straight body handstand against wall (1.5+ min)
 - Straight body handstand shoulder shrugs against wall (20 consecutive)
 - Handstand shoulder touches (10 without using a wall)
 - Press handstand from floor
- Balance
 - Straight Leg Scorpion
 - Headstand straight straddle press to handstand
 - Chin stand (3 leg positions hold 10 sec each)
 - Handstand no walking (10 sec)
 - Handstand walk across full length of floor
 - Handstand multiple pirouettes
 - Pull through pirouette
- Tumbling
 - Skill variations of basics (examples: swiper cartwheel, sk8ter gurl, inside out BWO)
 - Flip-Flop from single knee sit
 - Cartwheel Flip-Flop step out
 - Flip-Flop step out - layout step out combination
 - Gainer Flip-Flop → Cartwheel Gainer Flip-Flop step out → Cartwheel Gainer layout step out
 - Flip-Flop Chest roll → Flip-Flop to headstand → Flip-Flop to handstand
 - Standing back tuck
 - Round off back tuck, layout or twisting
 - Round off layout step out
 - Kickover front to feet
 - Barani
 - Front aerial walkover
 - Front aerial spring
 - Mermaid tail
 - Aerial combinations
 - Side summie
 - Punch Front
 - Raize
 - 540
- Limbering
 - Toe Rise Bridge Moon walkover
 - One handed back walkover → twisting on handed BWO FWO out
 - Spiders (rolling tinsica)
 - Valdez to Handstand pirouette
 - One handed Valdez
 - Rubber band (continuous kip up)
 - Anode
 - Cartwheel ½ twist mounter stepout

Evaluation needed. Must have Level 3 skills

Skills must be done with confidence, straight legs and pointed toes.