

SKILL LEVELS

	TEETERBOARD	ROPE/TISSU	TUMBLE	CHINESE POLES	CLOUDS WING (static,do ubles,swi nging)	Advanced ADAGIO – DUO/TRIO – PYRAMIDS	HANDSTANDS	LYRA (ARING NO LOOP)	TRAMPOLINE	HULA
BASIC	<u>NO BASIC TEETERBOARD CLASS OFFERED</u>	2 x Chin ups un-assisted 2 x bum wipes (lifting legs over head whilst hanging) unassisted Able to hold a front and back dish on the floor for 30secs	Forward Roll Cartwheel Kick up h/s roll	Climb half pole Sit Assisted plunge	3 x chin ups 2 x skin the cat 1 x pike leg to bar	PYRAMIDS Basic partner work – candles,bird on feet,thighstand	15 sec dish on floor 30 sec front support kick up to handstand	2 x Chin ups Bird balance Hang by hands and knees	Low straight jumps Tuck jumps Straddle jumps	Spin single hoop around waist 30sec Spin single hoops around hands
INTERMEDIATE	High level bouncing Back sault off board Back sault off board with running push Back sault back on board with lunge	2 x full length climb 5 x chin ups 5 x bum wipes 3 x skill sequences on the tissu or rope Competent at basic skills – hip lock,catchers ,knee climb)	Head spring Round off Assisted backflip	Climb full pole 2 arm plunge Knee hook Turn upside down	5 x chin ups 5 x skin the cat 5 x pike to bar Climb rope Trapeze tempos – stand to sit Knee hand temps	PYRAMIDS Standing on shoulders Hand to handstand Combination of 2 high mounts	30 sec dish 1.5 min front support 5 x tuck jumps to handstand 15 sec freestand 1 min handstand on wall	Good flexibility in shoulders ,b ack and legs Assisted toe and heel hangs Back balance	Standing twists Lying twists Front sault into pit Back sault into pit	Spin hoop around waist 1min Bring hoop up from waist to chest Combination of hand hoop tricks Spin on foot

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ADVANCED	Back sault back on board no lunge Double back sault off Front sault over board ot reverse Able to run up and push high level tricks	10 x chin ups 10 x bum wipes Existing full routine Full length drops and rolls Non standard climbs	Round off – Backflip,sault,layout Running front sault	One arm plunge Upside down slide Knee hook drop	10 x chin ups 10 x skin the cat 10 x pike to bar Combinati on rope climbs Toe or heel hang on trapeze	ADVANCED ADAGIO – DUO/TRIO Competent – 2 High Standing in hands Hand to hand Head to Head One arm handstand on head	2 min handstand on wall Press to handstand and hold 1 min	Heel and toe hangs Pike lift to bird pull over (no temp)	Front and Back sault back onto tramp Layout Double sault into pit	2-3 body seperations Bring hoop from floor all the way up the body to high hand
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- **ADAGIO** -If you have chosen to specialise in adagio you will need to bring a partner to work with to get the best out of the class otherwise you will be put into the general pyramids class where you will do a range of group balances including basic partner work

NOTE – The above skill levels are just a gauge for us to schedule your sessions appropriately, you don't have to be able to do all of the skills, you just need to have a good understanding of each.
 Not all the skills on offer are listed above.