

Level 8 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Full splits right leg		
Flexibility	Full splits left leg		
Flexibility	Full splits centre		
Flexibility	Toes to head		
Strength	Handstand shoulder shrugs, facing the wall (25 consecutive)		
Strength	Handstand shoulder touches, facing the wall (20 consecutive)		
Strength	V snaps (15 consecutive)		
Strength	Upper body lifts with height (20 consecutive)		
Strength	Push up (5 consecutive)		
Strength	Crocodile, hold 5s		
Strength	Straddle press, hold 5s		
Balancing	Chest stand, show 3 leg positions, hold 5s each		
Balancing	Handstand walking (legs straight & together), 3m forward		
Balancing	Forearm stand (legs straight & together), hold 15s		
Balancing	One arm shoulder stand (legs optional), hold 15s		
Balancing	Leg hold, hold 20s (right & left)		
Balancing	Half scorpion, hold 20s (right & left)		
Limbering	Tick tock (right & left)		
Limbering	Back walkover to chest roll (right or left)		
Limbering	Chest roll to bridge		
Limbering	Arabian limber (pike up)		
Limbering	Reverse illusion (right or left)		
Limbering	Valdez (right or left)		
Tumbling	Front walkover from one knee (right or left)		
Tumbling	One hand, opposite hand, front walk over (right & left)		
Tumbling	Step hop side aerial (right or left)		
Tumbling	3 continuous round offs with half turn (right or left)		
Tumbling	Standing back handspring		