

ACROBATIC ARTISTRY

ACRO-DANCE CLASS STRUCTURE

1. WARM-UP CARDIO

CIRCULAR
CENTER(STATIONARY)

2. WARM-UP - STRENGTH & CONDITIONING

MATS:
"RUNWAY STYLE"
ELEVATED PANEL MATS

3. CENTER STRETCH

STANDING
SITTING
FLEXIBILITY
SPLITS
LIMBERING (BACK/SHOULDERS)

4. PROGRESSIONS DOWN THE MAT

VARIOUS EQUIPMENT
FRONT

5. ROLL SKILLS

6. BALANCE SKILLS

VERTICAL BALANCE SKILLS
HEADSTANDS
HANDSTANDS
ELBOWSTANDS
CHINSTANDS

7. VARIED BALANCE SKILLS

YOGI
SHOULDERSTAND
COUNTERBALANCE SKILLS

8. HANDSTAND WALKING VARIATIONS

9. HEADSTAND VARIATIONS

10. BENDING VARIATIONS

ANGEL BACKBEND
BRIDGE

11. BRIDGE SKILLS/WALKING VARIATIONS

CRAB WALKS
CRAB JUMPS

12. BACKBEND SKILLS

PONY JUMPS
PONY KICKS

13. CHESTROLLS

FRONT
BACK

14. INSIDE OUTS

15. CARTWHEELS

16. ROUNDOFFS

17. BUTTERFLY

18. TINSICAS

FRONT
BACK
ROLLING

19. SPIDERS

HEAD
HAND
ELBOW
JUMPING



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ACRO-DANCE CLASS STRUCTURE

20. SPLITS

21. ILLUSIONS

22. FORWARD SKILLS

FRONT LIMBERS
FRONT WALKOVERS
FRONT ARABIANS

23. MOONWALKS

24. BACKWARD SKILLS

BACK LIMBERS
BACK WALKOVERS
BACK ARABIANS

25. VALDEZ

REGULAR
ONE-HANDED
NO-HAND
BOX

26. TICK TOCKS

ELBOW
HAND

27. SPRINGING SKILLS

HANDSPRING
FRONT HANDSPRING
BACK HANDSPRING
HEADSPRING
NECKSPRING

28. BACK HANDSPRING VARIATIONS

29. AERIALS

SIDE
FRONT
BACK

30. POWER SKILLS

STEP OUT
LAYOUT
ALTERNATE
ROUNDOFF BHS 1/2 TWIST
ROUNDOFF BHS FULL TWIST

31. DIVING SKILLS

SOMERSAULTS
FRONT TUCK
BACK TUCK
WHIP BACK

32. VARIED DRILLS CENTER

33. VARIED DRILLS AGAINST WALL

34. COMBINED SKILLS

35. COMPOUND SKILLS/POWER TUMBLING (REQUIRES MOMENTUM)

36. FRONT PROGRESSIONS (COMBINED) (SKILLS DOWN THE MAT)

37. BACK PROGRESSIONS (COMBINED) (SKILLS DOWN THE MAT)

38. PARTNER SKILLS

39. TWISTING SKILLS

40. BONUS SKILLS

41. CHOREOGRAPHY

42. CONDITIONING

43. STUDENT RATING

44. SPOTTING TIPS

45. BREAKDOWN OF SKILLS

