

## Level 7 Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Pre-splits right leg (2 inches)		
Flexibility	Pre-splits left leg (2 inches)		
Flexibility	Pre-splits centre (2 inches)		
Flexibility	Pre-toes to head (2 inches)		
Flexibility	Full forward bend		
Flexibility	Shoulder stretch (grasp)		
Strength	Bridge, hold 60s		
Strength	V snaps (10 consecutive)		
Strength	Upper body lifts (40 consecutive)		
Strength	Push ups (3 consecutive)		
Strength	Handstand facing the wall (straight), hold 60s		
Strength	Handstand shoulder shrugs, facing the wall (20 consecutive)		
Strength	Handstand shoulder touches, facing the wall (20 consecutive)		
Balancing	Headstand, show 3 leg positions, hold 10s each		
Balancing	Chest stand, show 2 leg positions, hold 5s each		
Balancing	Forearm stand (legs straight & together), hold 10s		
Balancing	One arm shoulder stand (leg position optional), hold 5s		
Balancing	Half scorpion, hold 15s (right & left)		
Balancing	Leg hold, hold 10s (right & left)		
Limbering	Tick tock (right or left)		
Limbering	Moon walkover from two knees (right or left)		
Limbering	Arabian limber (straddle up)		
Limbering	Back Arabian limber		
Tumbling	Back roll extension		
Tumbling	Side aerial, optional entrance (right or left)		
Tumbling	Front walkover (right & left)		
Tumbling	Back walkover (right & left)		
Tumbling	Hurdle round off (right & left)		