

Primary Acrobatics - BKD Performers

Name:

Section	Skill	I can do it!	Yes, you can do it!
Flexibility	Butterfly demonstration		
Flexibility	Rock & roll demonstration		
Flexibility	Pre-forward bend demonstration		
Flexibility	Cobra demonstration		
Strength	Plank demonstration		
Strength	Superhero demonstration		
Strength	Table Top demonstration		
Strength	Wall sit demonstration		
Strength	Tuck jumps (3 in a row)		
Strength	Frog jumps (3 in a row)		
Strength	Crab walks forward		
Strength	Walk up the wall to handstand		
Balancing	Right foot retire demonstration		
Balancing	Left foot retire demonstration		
Balancing	Rise on demi pointe demonstration		
Limbering	Ball pose		
Limbering	Pike		
Limbering	Tuck		
Limbering	Straddle		
Limbering	Stretch & flex feet		
Limbering	Pre-bridge		
Limbering	Tendu devant starting position (arms forward, right & left)		
Limbering	Tendu to second ending position (arms in L position, right & left)		
Limbering	Acro second position		
Tumbling	Hollow position (arms down)		
Tumbling	Gallops forward		
Tumbling	Pre cartwheel (right or left)		
Tumbling	Somersault		