

Level 1 Testing Tips and Focal Points

Beginning

Forward Roll

- ★ Start tall with arms up
- ★ smooth roll from back of head to feet
- ★ feet together through out (no open or criss cross)
- ★ touch hands once; doesn't use hands to stand
- ★ Comes up with arms up tall

Cartwheel

- ★ arms tall and shrugged in a proper lunge
- ★ hands turned 'V' or 'T'
- ★ Legs straight
- ★ head between arms; arms straight
- ★ 180 deg turn back to a lunge

Back Limber

- ★ feet slightly wider than shoulders arms up
- ★ reach back to bridge up without touching head
- ★ kick bad leg into the 'kick over'
- ★ Legs should be straight and hips wide during kick over
- ★ Back to a proper lunge with arms to ears the whole way

Front Limber

- ★ Proper lunge with arms shrugged up to ears
- ★ kick to a handstand
- ★ landing with legs slightly wider than shoulders
- ★ rocking back and standing up with arms by ears
- ★ BONUS for continual motion from the landing to the up

Advanced

Backward Roll

- ★ arms tall and shrugged to ears
- ★ roll should be continuous
- ★ BOTH hands should be placed on the floor with elbows to ears
- ★ Toes should land on the floor with feet
- ★ Standing up with arms by ears
- ★ BONUS for straight legs over the top; Straight legs to Handstand

Round Off (lunge/power start)

- ★ Reach with arms shrugged to ears
- ★ hands turned 'V' or 'T'
- ★ Legs together over the top
- ★ arms straight and come up with head that is neutral
- ★ land in a hollow with arms shrugged with feet together
- ★ landing with legs straight and with a rebound

Back Walkover

- ★ Arms up and shrugged by ears
- ★ Bad' leg out front
- ★ on the invert, the arms and legs are straight; toes pointed
- ★ landing back into a lunge with arms always shrugged to the ears
- ★ front/'bad' leg should be lifted off the floor before hands touch

Front Walkover

- ★ Starting in a lunge with arms shrugged
- ★ reaching forward, kicking with straight legs, maintaining open split
- ★ landing all legs straight
- ★ arms stay by ears the whole way back to a lunge
- ★ head neutral between arms throughout

Level 2 Testing Tips and Focal Points

Beginning

Standing Back Handspring

- ★ arms starting to the side and swing back on the sit
- ★ NO hop just a gradual sit; sit must be vertical no lean over
- ★ head stays neutral and arms straight on the throw
- ★ hands neutral or slightly in arms straight with a quick pop off
- ★ Legs straight after the jump; quick hollow on the 'snap'
- ★ Rebound with arms straight

Back Walkover

- ★ Arms up and shrugged by ears
- ★ Bad' leg out front
- ★ on the invert, the arms and legs are straight; toes pointed
- ★ landing back into a lunge with arms always shrugged to the ears
- ★ front/'bad' leg should be lifted off the floor before hands touch

RO Back Handspring

- ★ RO and Backhandspring Criteria
- ★ connection between skills is quick with straight legs out of the RO
- ★ Rebound after the BH with arms shrugged up on rebound
- ★

Dive Roll

- ★ 2 steps into a punch/rebound action
- ★ arms are shrugged by ears; reaching up and out NOT for the floor
- ★ Legs are straight over the top; legs tuck after hand contact
- ★ roll out is knees and feet together and smooth; no bouncing off booty
- ★ Roll out to a stand with arms up and shrugged

Front Handspring

- ★ 2 steps into a reach where arms are shrugged and back leg is straight
- ★ straight arms when contact floor
- ★ head neutral throughout
- ★ Land feet together slightly arched; booty can't stick out
- ★

Advanced

BWO BH or BH BWO

- ★ follow criteria for BW or BH
- ★ Arms should stay shrugged throughout the connection of skills
- ★ feet should be together on either stepdown
- ★ BH rebound land feet together; BWO land into a lunge
- ★

RO Multiple BH

- ★ legs straight between RO and BH
- ★ Arms staying by ears and shrugged throughout
- ★ legs straight between RO and BH
- ★ Feet contact with the floor should be toes not whole foot

RO BH 1/2 RO BH

- ★ Follow criteria for RO BH
- ★ Rebound into half turn; arms up and shrugged
- ★ 1/2 turn over 'good' shoulder; 'good' leg up and extended
- ★ 1/2 should travel and flow into next RO BH

FH Step Out RO BH Multiples

- ★ 2 steps into FH with strong reach and arms shrugged
- ★ keeping legs open through the FH Stepout
- ★ stepout should be as wide as a lunge and flow to the RO
- ★ arms should stay shrugged and by ears throughout
- ★

FH Dive Roll RO...

- ★ FH criteria
- ★ Rebound out of FH into Dive Roll
- ★ height and distance should be created
- ★ roll out with good foot out and flow into the RO continuously
- ★

Level 3 Testing Tips and Focal Points

Beginning

RO BH Back Flip

- ★ Same criteria for RO BH
- ★ Feet together throughout
- ★ Set with straight arms and vertical
- ★ Toe lead flip
- ★ spotting landing with feet together and arms to their side

Jump (whip 'T') to Standing Multiples

- ★ feet together throughout
- ★ 'T' must be sharp and precise
- ★ Arms must back circle NOT swing straight back
- ★ arms shrugged and legs straight
- ★ Rebound out of the last BH

Punch Front Flip

- ★ 2 steps chinese set with knees and feet together
- ★ landing feet together
- ★ over rotation is acceptable
- ★

Advanced

FH Stepout thru to RO BH Back Flip

- ★ Follow criteria for FH Step out BH
- ★ Back flip with straight arm set and toes leading flip
- ★ connection between FH and RO should be seamless
- ★
- ★

Standing Multiple BH 1/2 RO Back

- ★ Follow criteria for standing BH
- ★ rebound after last BH; must travel
- ★ 1/2 turn arms are up and shrugged
- ★ arms straight and vertical on set; toes leading flip
- ★ feet together throughout

Punch Front Flip to RO BH Back Flip

- ★ follow Punch Front Flip criteria
- ★ 2 steps between RO
- ★ steps should flow and be continuous out of front flip
- ★ follow RO BH Back Flip criteria

Arial

- ★ 2 steps into skill
- ★ straight arms into set
- ★ legs should be straight and no wider than hips wide
- ★ land arial into lunge
- ★

Level 4 Testing Tips and Focal Points

Beginning

Standing Back Flip

- ★ Feet together throughout
- ★ Strong set with straight arms
- ★ lead with toes in flip
- ★ Flip is more vertical and long
- ★ landing with head above hips (chest up) and sharp stand up

Jump (whip 'T') to BH Back Flip

- ★ straight arms in 'T' with back circle approach to BH
- ★ strong rebound out of BH - off toes and straight legs
- ★ Straight arms and vertical set into back flip
- ★ head is neutral
- ★ Feet is together throughout entire skill

RO BH Layout

- ★ follow criteria for RO BH Back Flips
- ★ Arms should set, stop, or dot slightly before vertical with a neg body angle
- ★ set should be in a hollow body position, straight legs, negative angle
- ★ Arms should stay vertical till hollow body meets
- ★ Head is neutral with the set
- ★ ONE hollow body position throughout skill

Cartwheel Back Tuck

- ★ follow cartwheel criteria
- ★ connection between skills should have arms shrugged to ears thru to the set
- ★ leading with toes; feet together throughout
- ★ sharp stand up after landing

Advanced

Standing Connection to a Layout

- ★ Standing multiple BH criteria; feet together
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is positive and straight legs with arms shrugged
- ★ feet together throughout

Connections to a Layout

- ★ follow RO BH criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is positive and straight legs with arms shrugged
- ★ arms pop/stop/dot for the layout
- ★ follow layout criteria
- ★ feet together throughout

Bounder to a Layout

- ★ follow RO BH criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is negative and straight legs with arms shrugged
- ★ arms pop/stop/dot for the layout
- ★ follow layout criteria
- ★ feet together throughout

Punch Front Flip to a Layout

- ★ 2 step front flip with fluid stepout feet lunge width apart
- ★ chinese front approach
- ★ follow criteria with RO BH Layout

Level 5 Res Testing Tips and Focal Points

Beginning

Jump (whip 'T') to Back Flip

- ★ straight arms in 'T' with back circle approach to BH
- ★ Feet together throughout
- ★ Strong set with straight arms
- ★ lead with toes in flip
- ★ Flip is more vertical and long
- ★ landing with head above hips (chest up) and sharp stand up

Standing Multiples to a Full

- ★ Standing multiple BH criteria; feet together
- ★ definite set/stop/dot
- ★ separate scoop for the layout
- ★ full timing above horizontal and in one body position
- ★ landing feet together and in an upright (no piked landing)

RO BH Full

- ★ follow criteria for RO BH Layout
- ★ Arms should set, stop, or dot slightly before vertical with a neg body angle
- ★ set should be in a hollow body position, straight legs, negative angle
- ★ Twist should be from hips and at horizontal or later
- ★ Head is neutral with the set
- ★ feet together (not crossed) and landing in an upright (not piked) position

Advanced

RO BH Connection to a Full

- ★ Follow RO BH Connection criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is positive and straight legs with arms shrugged
- ★ notice a definite set/stop/dot
- ★ notice a definite scoop in a hollow body position
- ★ full twist done with hips (head neutral) after horizontal
- ★ landing feet together and in an upright (no piked landing)

Standing Connection to a Full

- ★ Standing multiple BH criteria; feet together
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is positive and straight legs with arms shrugged
- ★ feet together throughout
- ★ follow criteria for Fulls

RO BH Bouncer to a Full

- ★ follow RO BH criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is negative and straight legs with arms shrugged
- ★ arm set should pop/stop/dot for the layout
- ★ follow criteria for Fulls (twist with hips, no feet crossed, horizontal or later)
- ★ feet together throughout

Level 5 Testing Tips and Focal Points

Beginning

Jump (whip 'T') to Back Flip

- ★ straight arms in 'T' with back circle approach to BH
- ★ Feet together throughout
- ★ Strong set with straight arms
- ★ lead with toes in flip
- ★ Flip is more vertical and long
- ★ landing with head above hips (chest up) and sharp stand up

Cartwheel Full

- ★ follow cartwheel criteria
- ★ connection between skills should have arms shrugged to ears thru to the set
- ★ leading with toes; feet together throughout
- ★ sharp stand up after landing

Standing Bouncer to a Full

- ★ Standing multiple BH criteria; feet together
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is negative and straight legs with arms shrugged
- ★ arm set should pop/stop/dot for the layout
- ★ follow criteria for Fulls (twist with hips, no feet crossed, horizontal or later)
- ★ feet together throughout

RO BH Double Full

- ★ follow criteria for RO BH Layout
- ★ Arms should set, stop, or dot slightly before vertical with a neg body angle
- ★ set should be in a hollow body position, straight legs, negative angle
- ★ Twists should be from hips
- ★ Head is neutral with the set
- ★ feet together (not crossed) and landing in an upright (not piked) position

Advanced

RO BH Connection to a Double Full

- ★ Follow RO BH Connection criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is positive and straight legs with arms shrugged
- ★ notice a definite set/stop/dot
- ★ notice a definite scoop in a hollow body position
- ★ double twist done with hips (head neutral)
- ★ landing feet together and in an upright (no piked landing)

RO BH Bouncer to a Double Full

- ★ follow RO BH criteria
- ★ whip is higher than BH and reach is straight arms
- ★ reach is back rather than down to create distance
- ★ snap down is negative and straight legs with arms straight
- ★ arms pop/stop/dot for the layout
- ★ follow criteria for Double Fulls
- ★ feet together throughout; not crossed on set, twist, or landing

Standing Multiples to a Full

- ★ Standing multiple BH criteria; feet together
- ★ definite set/stop/dot; arms straight
- ★ separate scoop for the layout; hollow body position throughout
- ★ double full in one body position with feet together (not crossed)
- ★ landing feet together and in an upright (no piked landing)

Standing Full

- ★ may take a step or not
- ★ Strong set with straight arms
- ★ lead with toes in flip
- ★ leading with toes; landing feet together
- ★ landing with head above hips (chest up) and sharp stand up