

Ultimate Dance Florida Acro: Level 1



	Skill	Date Mastered
Flexibility	Butterfly stretch demonstration	
	Pre-forward bend (6 inches)	
	Square hip exercise (right and left)	
	Straddle stretch demonstration	
	Articulated Cobra	
	Pre-splits right (6 inches)	
	Pre-splits left (6 inches)	
	Pre-splits center (6 inches)	
	Pre-toes to head (6 inches)	
Strength	Plank (hold 10s) (hold 20s)	
	Superhero (hold 10s) (hold 20s)	
	Table top (hold 10s) (hold 20s)	
	V sit demonstration	
	Wall sit (hold 10s)	
	Handstand facing the wall demonstration, pike	
	Hops right foot and left foot (5 in a row)	
	Frog jumps (5 in a row)	
	V sit (hold 20s)	
	Handstand facing the wall, pike (hold 10s)	
Balancing Skills	Right foot retiré (hold 5s)	
	Left foot retiré (hold 5s)	
	Rise on demi pointe (hold 5s)	
	Pre-scorpion (hold 5s) (right or left)	
	Teddy bear stand (hold 5s)	
	Seated double leg hold (hold 5s)	
Limbering Skills	Pike, tuck, straddle	
	Stretch and flex feet	
	Push up to bridge	

	Tendu to second ending position with transfer of weight	
	Articulated stretch and flex feet	
	Walk down the wall to ½ bridge and walk up the wall to standing	
	Kneeling ½ bridge	
	Inside out table top (right and left)	
	Bridge retiré (right and left)	
	Bridge waving	
Tumbling Skills	Hollow position (arms up)	
	Log rolls	
	L handstand (right and left)	
	Step hop in retiré continuous	
	Rock and roll from standing, to standing (tuck)	
	Pre-cartwheel (right and left)	
	Forward pike roll, end in pike	
	Forward roll	
	2 continuous straddle rolls	
	Pre-backward roll	
	Rock and roll from standing, to standing (candle)	
	Cartwheel (right or left)	
	Pre-handstand (right and left)	