

Ultimate Dance Florida Acro: Level 2



	Skill	Date Mastered
Flexibility	Pre-splits right (6 inches) (4 inches)	
	Pre-splits left (6 inches) (4 inches)	
	Pre-splits center (6 inches) (4 inches)	
	Pre-toes to head (6 inches) (4 inches)	
	Pre-forward bend (4 inches) (2 inches)	
	Shoulder stretch (touching)	
Strength	Plank (hold 30s) (hold 40s) (hold 50s)	
	Superhero (hold 30s) (hold 40s) (hold 50s)	
	Table top (hold 30s) (hold 40s) (hold 50s)	
	V sit (hold 30s) (hold 40s) (hold 50s)	
	Upper body lifts (20 consecutive) (25 consecutive) (30 consecutive)	
	Bridge (hold 20s) (hold 25s) (hold 30s)	
	Wall sit (hold 30s)	
	Handstand facing the wall, pike (hold 20s)	
	Handstand facing the wall, straight (hold 25s) (hold 30s)	
	Handstand Shoulder shrugs, facing the wall (5 consecutive) (10 consecutive)	
	Quarter scorpion, right and left (hold 5s)	
	Headstand, tuck (hold 10s) (hold 15s)	
Balancing Skills	Seated double leg hold, (hold 10s)	
	Half scorpion, right and left (hold 5s)	
	Headstand, press to straddle (hold 5s)	
	Chest stand, legs straight/together (hold 5s)	
	Headstand, press straddle to straight (hold 10s)	
	Forearm stand, leg position optional (hold 5s)	
	Down to bridge	
	Walk down the wall to bridge and walk up the wall to standing	
Limbering Skills	Bridge with transfer of weight	
	Bridge with kick and hop (right and left)	

	Inside out bridge (right and left)	
	Bridge walking	
	Bridge and kickover with a stack (right or left)	
	Bridge retiré développé (right and left)	
	Bridge recover	
	Bridge prances, retiré	
	Bridge with straight legs	
	Handstand to chest roll	
	Handstand to bridge (right and left)	
	16 count bridge recover	
	Bridge and kickover (right and left)	
	Bridge prances (straight)	
	Bridge to forearms	
	Front limber (right and left)	
	Arabian handstand to forward roll (straddle)	
Tumbling Skills	Backward roll	
	Cartwheel (right and left)	
	Cartwheel from one knee (right or left)	
	Straight handstand (right and left)	
	Handstand to forward roll (right or left)	
	One hand, close hand, cartwheel (right and left)	
	Dive forward roll	
	Chassé step hop retiré cartwheel (right and left)	
	2 continuous cartwheels (right or left)	
	One hand, far hand, cartwheel (right and left)	
	Chassé step hop retiré pop cartwheel (right and left)	
	Hurdle cartwheel rebound (right and left)	
	Donkey kicks (5 continuous)	