

Ultimate Dance Florida Acro: Level 3



	Skill	Date Mastered
Flexibility	Pre-splits right (2 inches)	
	Pre-splits left (2 inches)	
	Pre-splits center (2 inches)	
	Pre-toes to head (2 inches)	
	Pre-forward bend (2 inches)	
	Shoulder stretch (grasp)	
	Full forward bend	
	Full splits right	
	Full splits left	
	Full splits center	
	Toes to head	
Strength	Superhero (hold 60s)	
	V sit (hold 60s)	
	Upper body lifts (35 consecutive) (40 consecutive)	
	Push up (1) (3 consecutive) (5 consecutive)	
	Bridge (hold 40s) (hold 60s)	
	Handstand facing the wall (straight) (hold 40s) (hold 60s)	
	Handstand Shoulder shrugs, facing the wall (15 consecutive) (20 consecutive) (25 consecutive)	
	Handstand shoulder touches, facing the wall (10 consecutive) (20 consecutive)	
	V snaps (10 consecutive) (15 consecutive)	
	Upper body lifts with height (20 consecutive)	
	Crocodile (hold 5s)	
	Straddle press (hold 5s)	
Balancing Skills	Headstand (show 2 leg positions) (show 3 leg positions) (hold 10s each)	
	Chest stand, legs straight/together (hold 10s)	
	Leg hold, right and left (hold 5s) (hold 10s) (hold 20s)	
	Half scorpion, right and left (hold 10s) (hold 15s) (hold 20s)	

	Chest stand (show 2 leg positions) (show 3 leg positions) (hold 5s each)	
	Forearm stand, legs straight/together (hold 10s) (hold 15s)	
	One arm shoulder stand, leg position optional (hold 5s)	
	Handstand walking, legs straight/together (3m forward)	
Limbering Skills	Bridge recover (3 in a row)	
	Rocking bridges	
	Bridge to chest roll	
	Fish Flop	
	Arabian handstand to forward roll, pike	
	Moon walkover from two knees (right or left)	
	Arabian limber, straddle	
	Back arabian limber	
	Tick tock (right and left)	
	Back walkover to chest roll (right or left)	
	Chest roll to bridge	
	Arabian limber, pike	
	Reverse illusion (right or left)	
	Valdez (right or left)	
Tumbling Skills	Flying cartwheel (right and left)	
	Back roll extension	
	Front walkover (right and left)	
	Back walkover (right and left)	
	Hurdle roundoff (right and left)	
	Side aerial, optional entrance (right or left)	
	Front walkover from one knee (right or left)	
	One hand, opposite hand, front walkover (right and left)	
	Step hop, side aerial (right or left)	
	3 continuous roundoffs with half turn (right or left)	
	Standing back handspring	