

Ultimate Dance Florida Acro: Level 4



	Skill	Date Mastered
Flexibility	Full forward bend	
	Full splits right	
	Full splits left	
	Full splits center	
	Over-splits right (2 inches) (4 inches)	
	Over-splits left (2 inches) (4 inches)	
	Toes to nose	
Strength	Handstand shoulder touches, facing the wall (30 consecutive) (40 consecutive)	
	V snaps (20 consecutive) (25 consecutive) (30 consecutive)	
	Upper body lifts with height (20 consecutive) (25 consecutive) (30 consecutive)	
	Push ups (10 consecutive) (15 consecutive) (20 consecutive)	
	Crocodile (hold 10s) (hold 15s) (hold 20s)	
	Straddle press (hold 10s)	
	Pike press (hold 10s) (hold 15s)	
Balancing Skills	Handstand walking (legs straight/together), 6m forward	
	Headstand press to handstand (step out)	
	Handstand, leg position optional (hold 5s) (hold 10s)	
	Forearm stand (show 2 leg positions) (show 3 leg positions) (hold 10s each)	
	One arm shoulder stand (show 2 leg pos) (show 3 leg pos) (hold 10s ea)	
	Combine (2) (3) inverted balance skills, hold 10s each	
	Headstand press to handstand, front walkover (right or left)	
	Handstand walking, 6m forward, ½ turn, 6m forward	
	Handstand walking, 6m forward, full turn, 6m backward	
	Handstand, show 2 leg positions, hold 10s each	
	Fish flop to chest stand, hold 10s	
Limbering Skills	Tick tock (3 in a row) (right and left)	
	Back walkover to chest roll (right and left)	
	Arabian front walkover from knees (straddle) (right or left)	

	Reverse illusion (right and left)	
	Valdez (right and left)	
	Continuous chest rolls (3) to standing	
	Scorpion (right and left)	
	One hand back walkover (right or left)	
	Arabian front walkover from knees (pike) (right or left)	
	One hand valdez (right or left)	
	Rolling tinsica from kneeling to kneeling (right and left)	
	Continuous chest rolls (3) to bridge holding ankles	
	Continuous rolling tinsicas in one full circle (6) (right or left)	
	Press arabian front walkover (straddle) (right or left)	
	Leg hold to back walkover (right or left)	
	Full scorpion (right or left)	
	Leg hold valdez (right or left)	
	Back handspring to chest roll	
	Full scorpion to inverted scorpion	
Tumbling Skills	Flying front walkover (right and left)	
	One hand, same hand, front walkover (right and left)	
	Standing side aerial (right or left)	
	Roundoff back handspring	
	Back tuck, optional entrance	
	Step hop, front aerial (right or left)	
	2 continuous side aerials, optional entrance (right or left)	
	Back handspring step out, optional entrance (right or left)	
	Back layout step out, optional entrance	
	Standing front aerial (right or left)	
	Side aerial, optional entrance (right and left)	
	Cartwheel, double back handspring step out (right or left)	
	Side aerial, back handspring, back layout step out	