

# D.B.D.S ACROBATICS PROGRAMME 2019

All of our acro class levels are based on assessment of tricks, as children of all ages are at different levels of training & ability.

Students can progress to the next level as soon as they demonstrate all requirements of their current acrobatic class level competently with correct neat technique for a minimum of 3 consecutive weeks. Assessment with the opportunity to obtain merits and/or ribbons will be awarded throughout the year to help you monitor your child's progress and acknowledge their successes.



## BALANCING & CONTORTION

Contortion takes a lot of strength, control, discipline and hours of practice!

Students who show an aptitude for contortion, or through the display of flexibility in their regular acrobatic classes will be encouraged to join the Contortion extension class.

This is to ensure a safe dance practice for all young dancers.

If your child would like to be assessed/considered for any class please advise us upon enrolment. Thank you

## ACRO LEVEL CRITERIA

Level	TRICKS	BALANCE	FLEXIBILITY
<b>ACRO BASICS</b> <b>(Certificate)</b>	<ul style="list-style-type: none"> <li>Bridge from floor</li> <li>Forward Roll to Stand</li> <li>Cartwheel</li> <li>Headstand (4 counts)</li> </ul>	<ul style="list-style-type: none"> <li>L handstand</li> <li>Leg Mount</li> <li>Penchee</li> </ul>	<ul style="list-style-type: none"> <li>Feet to head</li> <li>One split shown</li> </ul>
<b>BRONZE</b> <b>(Ribbon / Certificate)</b>  <b>All of the tricks from above levels need to be demonstrated plus....</b>	<ul style="list-style-type: none"> <li>Cartwheel both ways</li> <li>Bend back from standing</li> <li>Step Hop Preparation</li> <li>1 handed cartwheel</li> <li>Roundoff</li> <li>Bendback Walking</li> <li>Straightover</li> </ul>	<ul style="list-style-type: none"> <li>Headstand 8 counts with diamond combo</li> <li>1 partner balance (you have to be held)</li> </ul>	<ul style="list-style-type: none"> <li>Two different splits</li> <li>Both leg mounts (R/L)</li> </ul>
<b>SILVER</b> <b>(Ribbon / Certificate)</b>  <b>All of the tricks from above levels need to be demonstrated plus....</b>	<ul style="list-style-type: none"> <li>Bendback from standing and recover to standing.</li> <li>Bendback Kickover</li> <li>Tynski</li> <li>Handspring</li> <li>Standing Backflip</li> <li>Headspring</li> <li>Barani</li> </ul>	<ul style="list-style-type: none"> <li>Headstand on a box</li> <li>Straight or arrow Handstand (held position for 8 countss</li> <li>Elbow <u>OR</u> Chest Balance</li> </ul>	<ul style="list-style-type: none"> <li>All three splits (flat)</li> <li>Lampost (grabbing foot with both hands) from bend back position and extended leg.</li> </ul>
<b>GOLD</b> <b>(Ribbon / Certificate)</b>  <b>All of the tricks from above levels need to be demonstrated plus....</b>	<ul style="list-style-type: none"> <li>Bend back Can Can Kicks x 8</li> <li>Roundoff Backflip</li> <li>Continious Braunies</li> <li>Aerial trick off the box or on the floor</li> <li>Row of three flips</li> </ul>	<ul style="list-style-type: none"> <li>Handstand Walking for 4 metres or more.</li> <li>2 or more persons partner balance</li> <li>Handstand on side of box</li> </ul>	<ul style="list-style-type: none"> <li>Swollow</li> <li>Back flip to left or right split</li> </ul>

**\*\* Platinum level** is very advanced tricks building on what has been previously learnt and gets harder with each extra skill attained.

