

PROFICIENCY AWARDS



1. Base kneels on one knee Top hand balances on knee
Handstand shows extended position, show a good distance and line between the partners.



2. Base kneels, Top stands on shoulders



3. Top stands on Base's shoulders



4. Base in lunge. Top handstand on knee
Base shows strong lunge, back leg straight supports Top with one hand. Top straight and in balance.



5. Base lying on floor with leg raised, Top in angel position supported on feet of Base



6. Top balances free on Base's knee



7. Base lies on floor, Top on Base's hands



8. Backward roll to supported jump
The jump from the backward roll must be immediate. Landings must be assisted.



9. Supported jump full turn
Hips of the Top should reach shoulder height of Base.



10. Chasse steps 180 degrees
Good shape, bodyline and extension must be shown.

Pairs