

Skills Chart - FUNdamentals 1

Name: _____

Building Skills:

B = Base T = Top Person S = Spotter

- | B | T | S | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Double Leg Thigh - Target Position |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Double Base Thigh Stand |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Single Leg Knee Stand - Lib Position |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Double Leg Thigh - Hitch Position Pyramid |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Single Leg Knee Stand - Hitch Position Pyramid |

Jump Skills:

- Approach - Clasp - Strong T
- Straight Jump

Motion / Dance Skills:

- Clasp
- High V
- Low V
- Hands on Hips
- Daggers
- High Touch Down
- Low Touch Down
- FUNdamentals 1 Dance

Tumbling Skills:

- Candlestick
- Donkey Kicks
- Forward Roll
- Jump ½ Turn
- Forward Straddle Roll
- Forward Roll to Wolf

