

# Skills Chart - FUNdamentals 2

Name: \_\_\_\_\_

## Building Skills:

B = Base    T = Top Person    S = Spotter

- | B                        | T                        | S                        |  |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Single Leg Knee Stand - Body Position         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Load In Position/ Standing Waist Stunt                 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Teddy Bear from Two Foot Standing Waist Stunt |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Mastered Single Leg Waist Stunt                        |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Single Leg Thigh Stunt - Body Position Pyramid         |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Two Foot Waist Stunt / Teddy Bear- Pyramid             |

## Jump Skills:

- Approach - Clasp - Strong T
- Straight Jump
- Tuck Jump with Strong T
- Double Jump

## Motion / Dance Skills:

- |  |  |
|--|--|
| <input type="checkbox"/> Clasp           | <input type="checkbox"/> Full Nelson Arms                      |
| <input type="checkbox"/> High V          | <input type="checkbox"/> Diagonal Right, Broken Diagonal Right |
| <input type="checkbox"/> Low V           | <input type="checkbox"/> Diagonal Left, Broken Diagonal Left   |
| <input type="checkbox"/> Hands on Hips   | <input type="checkbox"/> High Cheerio                          |
| <input type="checkbox"/> Dagers          | <input type="checkbox"/> Low Cheerio                           |
| <input type="checkbox"/> High Touch Down | <input type="checkbox"/> Criss Cross                           |
| <input type="checkbox"/> Low Touch Down  | <input type="checkbox"/> FUNdamentals 2 Dance                  |
| <input type="checkbox"/> Sumo Squat      |  |

## Tumbling Skills:

- Backward Roll to Push Up Position
- Cartwheel
- Handstand
- Jump Full Turn
- Bridge
- Forward Roll

