

Skills Chart - FUNdamentals 3

Name: _____

Building Skills:

B = Base T = Top Person S = Spotter

B	T	S	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hang Drill 1 Foot Load
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Show & Go
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Traditional Prep
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mastered Tic Toc - Single Leg Knee Stand
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Prep level Liberty or optional body position with Floor Bracer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quarter Up to Single Leg Waist with Optional Body Positions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Braced Prep Lib to a Quarter Up to Single Leg Waist Stunt
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FUNdamentals 3 Pyramid

Jump Skills:

<input type="checkbox"/>	Approach - Clasp - Strong T
<input type="checkbox"/>	Straight Jump
<input type="checkbox"/>	Tuck Jump with Strong T
<input type="checkbox"/>	Double Jump
<input type="checkbox"/>	Toe Touch
<input type="checkbox"/>	Front Hurdler

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"/>	Daggers	<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"/>	Broken T & T
<input type="checkbox"/>	Sumo Squat	<input type="checkbox"/>	FUNdamentals 3 Dance

Tumbling Skills:

<input type="checkbox"/>	Near and Far Arm Cartwheel
<input type="checkbox"/>	Front Walkover
<input type="checkbox"/>	Mastering Back Walkover
<input type="checkbox"/>	Mastering the Round Off
<input type="checkbox"/>	Mastering Backward Roll to Extension / Candlestick Roll to Stand
<input type="checkbox"/>	Forward Roll

