

LEVEL TWO

FLEXIBILITY	
Pre-splits right (6 inches)	
Pre-splits left (6 inches)	
Pre-splits centre (6 inches)	
Pre-toes to head (6 inches)	
Pre-forward bend (6 inches)	
STRENGTH	
Plank, hold for 20 seconds	
Superman, hold for 20 seconds	
Table top, hold for 20 seconds	
V sit, hold for 20 seconds	
Upper body lifts (10 consecutively)	
Bridge, hold for 10 seconds	
Wall sit, hold for 20 seconds	
Handstand facing the wall (pike) hold 10 s	
BALANCING SKILLS	
Baby scorpion, hold for 5 seconds (R or L)	
Teddy bear stand, hold for 5 seconds	
Seated double leg hold, hold for 5 seconds	
LIMBERING SKILLS	
Articulated stretch and flex feet	
Wall down the wall to ½ bridge & walk up the wall to standing	
Kneeling ½ bridge	
Inside out table top (right & left)	
Bridge retire (right & left)	
Bridge waving (right & left)	
TUMBLING SKILLS	
Forward Roll	
2 consecutive straddle rolls	
Rock and roll from standing, to standing	
Cartwheel (right & left)	
Pre-handstand (right & left)	
Straight handstand (right or left)	

Name: -

Assessor: -

Date Completed: -