

ACRO LEVELS: All levels include skills, strength, and flexibility prerequisites. Basic skills include (but are not limited to) those listed below per level in prerequisites.

Prerequisites:

Intro to Acro (formally Tiny Acro):

The level is predominantly for students' ages 3-8 yrs. Younger students must be potty-trained and maintain a preschool level attention span.

Level 1:

Students must be able to do the 'sit and reach' at least 6" away from toes. Hold a candlestick for 10 seconds. Hold a plank for 15 seconds (shoulders can be down) and hold a table for 20 seconds. 3 consecutive push-ups of proper form with elbows square, 3 consecutive push-ups of proper form with elbows in, and be able to pull themselves (legs) over head while laying down on 3 consecutive times on panel mats. A basic handstand (can be against wall with 2 sec touch).

Level 2:

Sit and reach at least 3" away from toes. Hold a plank for 30 seconds. Perform a handstand against wall and complete 2 proper pushups. Perfect forward roll, back roll, 10 sec tripod, 10 sec headstand (can be slightly piked), and cartwheel (both strong and weak sides). Students must be able to do 10 consecutive proper-form push-ups, 5 wall climbs, 5 bridge climbs up and down wall without a spot, 5 straddle v-ups (without touching the floor in between), 10 backward jumps onto blocks, 10 triceps pushups, and 10 reverse push-ups (grasshopper style). Students must also be able to do a straight arm bridge (and hold) for 5 seconds. Also in a bridge, be able to lift one arm and one leg (both right & left) and have splits no more than 6" off the ground on both right and left sides with proper parallel and turn out form. Aerial off blocks can be taught at this level. Complete a walking handstand side to side 2 steps going Rt and Lft.

Level 3:

Students must be able to do 3-5 sitting pike leg raises, 10 consecutive v-ups, be able to hold a plank for at least 1 minute without drooping, complete 20 consecutive push-ups, 20 triceps pushups, and 15 reverse push-ups (grasshopper style) of proper form, perform full splits on all sides, 30 second back extensions (count of 4 up and 4 down 10x for control), and 20 back jumps onto blocks. Students must also be able to stay in a 30 second wall sit without movement and arms extended parallel to the floor. Also required is a standing backbend and unassisted back up, a round-off on both sides, and a backbend kick-over or walkover. Handstand must be held for 3-5 seconds without the wall and then to a bridge and somersault (feet together and pointed with hips parallel or turned out). Aerial off blocks will be taught at this level. Students must also be able to demonstrate 5 consecutive proper handstand push-ups as well as 10 handstand shoulder touches (5 each side). A press to handstand with a slight knee bend up to handstand. (straddle optional) Complete a walking handstand forward 4-5 steps with a controlled entrance and exit.

Level 4:

Students must be able to perform 20 consecutive V-ups, hold a plank for 2 min, wall sit with arms parallel to the floor for 1 min, 10 superman in 't', 'l', and 'y' (10 each), and be able to hold a waterfall with proper form. Complete 20 reverse push-ups of proper form. Students should also be able to do a front walk over, 25 back jumps onto blocks, a standing backhand-spring, a front handspring, back roll to headstand. Must have a consistent aerial off of the floor. Can be working on one-step and chaine aerals. Student must be able to walk forward, back, and sideways with control in and out of walk. A press to handstand without a knee bend or lift with control must be completed.

Level 5:

Students must be able to complete (with proper form) a round off back-hand spring, side and front aerial, round-off whip back combo, and working on back tuck. Students also must have all the prerequisites of Levels 1-4 and must be able to demonstrate them on spot. In addition to those, students must be able to perform a full hand-stand pirouette, hold stalls for 5-10 seconds, walk on hands for 8 feet (both straight and 'z' legs), 2 min long abdominal workout without breaks, and a 1-step and chasse-step-aerial. Students also must be able to complete a handstand-forward roll-kip up.