

# ACRO Guidelines – DANCERS EDGE

**Skills indicated are the skills we will be “working on” in that level.**

All students are placed on individual skill level, not necessarily class format, or age... focus and attention also play a big part in moving the student up, as Acro can be dangerous if the student is not completely focused.

If a student has **consistently** “mastered” all or most - 85% or more - of the skills listed in that level, then he/she should move up to the next level. Moving the student up a level before the student is ready can be detrimental to the learning process and dangerous to the student. Please be realistic when looking at where the student should be placed. We will move students if we feel they need to be.

**PLEASE NOTE: Minimum ACRO CLASS AGE is 7.**

There is a separate class for ages under 7.

## **Beginner:**

**Focus on** *Flexibility/Balance/Strength*

Forward roll

Backward roll

Forward straddle roll

Handstand

Handstand roll down (straddle through)

Cartwheel

Round off

Back bend (come up from backbend)

Walk in backbend position

Front limber

Chin stand

Elbow stance

## **Intermediate:**

**Focus on** *Flexibility/Control/Strength...splits, over splits, contortion, etc.*

Chin stand

Elbow stance

Handstand roll down

Walk in handstand position

Cartwheel

Round off

Front limber

Back limber

Front walkover

Back walkover

Valdese (back walkover from seated position)

Back handspring & continuous

Side aerial

Front handspring

Front handspring step out

Back handspring step out

# Dancers Edge

## ACRO Guidelines - continued:

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### **Advanced:**

**Focus on** *Flexibility/Strength/Control*...Splits, over splits, contortion, etc.

Chin stand

Elbow stance

Handstand roll down

Front limber

Back limber

Cartwheel

Round off

Front walkover & continued skills

Back walkover & continued skills

Valdese

“Rose Plop”

“Maniac”

Front handspring

Front handspring step out

Back handspring & continuous

Side Aerial (add swing through)

Front Aerial (add swing through)

Back handspring step out & continuous

Standing back tuck

Round off back handspring back tuck & continuous

Back lay out

Back layout step out

Front tuck

Back half twist

Back full twist