

**NFMC DANCE DEPARTMENT - ACROBATICS SYLLABUS**  
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JR 17-9

**PRIMARY I** (minimum age 5)

1. Front Roll (No hands in front to get up)
2. Back Roll (Squat to squat)
3. Bridge-up (Backbend from floor)
4. Crabwalks (Walks in backbend from bridge)
5. Tri-pod (Legs held on knees or knees together)
6. Cartwheel (On one side only)
7. Front Straddle Roll
8. Back Straddle Roll
9. Clown Roll (One-man roll holding ankles)
10. Some kind of running hurdle (No stunt)
11. Any Jump (Standing in one area) teacher's choice
12. Any back stretch (Teacher's choice)
13. Straddle Stretch (Teacher's choice but don't touch)
14. Front Stretch (Legs together)

**PRIMARY II** (one year to 2 years training)

15. Front Roll (Landing on one foot)
16. Back Roll (Begin in pike, land squat)
17. Backbend (From stand to inside-out or up)
18. Frog Hops (Hops in backbend)
19. Headstand (Hold reasonable amount)
20. Cartwheel (Could be asked both sides)
21. Headstand (To front roll)
22. Inside-outs (6 of them on best side)
23. Preparation for kip (Sit to backbend)
24. Spider turn with head
25. Hurdle to any stunt
26. Straddle Jump (Teacher's choice) in place
27. Cradle (Back stretch holding feet)
28. Straddle Stretch (Legs open, 2 cts in circle 2 cts over leg, 2 cts center, 2 cts up)
29. Floor Stretch (One leg front, one leg back)

**PRIMARY III** (1 ½ years - 3 years training)

30. Free forward roll (No hands at all)
31. Back Roll (Pike to pike)
32. Standing Backbend (From stand to stand)
33. Cakewalk (Jumps in backbend bring foot to knee)
34. Headstand (Hold for 3 leg combination)
35. One-handed Cartwheel (Either hand)

36. Front Limber
37. Kip (To squat or stand)
38. Spider Turn with No Head
39. Back walkover
40. Front Chestroll
41. Any Hurdle to Roundoff
42. Stag Leap (In place)
43. Backbend and Straighten Legs
44. Straddle Stretch (In circle) continuous in circle - no counts
45. Front Stretch (Sit in split and stretch)

**ELEMENTARY I** (2 years - 3 ½ years training)

46. Dive Roll
47. Fish-flop
48. Back Chestroll
49. Drag Headstand
50. One-handed Cartwheel (Both sides)
51. Arabian Front Limber (Straight or bent legs)
52. Headspring (Squat or stand from headstand)
53. Mule Kicks (Snap down)
54. Switch-leg Back Walkover
55. Front Walkover
56. Back Limber
57. Elbow Stand
58. Hurdle to Tinsika
59. Cheerleader Jump (Backjump)
60. Any Back & Straddle Stretch (Teacher's choice)
61. Rotating Splits

**ELEMENTARY II** (3 years - 4 years training)

62. Back Extension
63. Back Chestroll to Front Chestroll
64. Headstand to Handstand
65. Cartwheel with ½ Twist (Begin cartwheel end limber)
66. Back Arabian (Bk. Kick over - feet together)
67. Handspring
68. Scissor-back Walkover
69. Switch-leg Front Walkover
70. Back Tinsika
71. Preparation for an Aerial
72. Front Step out (From hurdle)
73. Any Stunt to Split (Teacher's choice)
74. Sit in Split and Stretch Front & Back with Knee Bent
75. Clock Splits (Any degree is acceptable)
76. Combination Using Some Roll (4 moves)

**ELEMENTARY III** (4 years - 5 years training)

- 77. Pendulum (Tic-toc)
  - 78. Valdez
  - 79. Scissor front Walkover
  - 80. Handspring to Layout
  - 81. Dive-Cartwheel
  - 82. Kangaroo Walkover
  - 83. Split-Roll (Holding onto leg)
  - 84. Front Cake Walk (Back bend & prance)
  - 85. Side-aerial
  - 86. One-handed Front Walkover
  - 87. Walk on Hands
  - 88. Continuous Front Walkovers
  - 89. Continuous Back Walkovers
  - 90. Combination of Continuous Front Moving Tricks (At least 4 moves)
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**ADVANCED I**

- 91. Mounter (Hurdle front Arabian walk-over)
  - 92. Back Handspring (Spotter used)
  - 93. Brandi
  - 94. Spotting Front Walkovers
  - 95. Spotting Back Walkovers
  - 96. No-Handed Backbend
  - 97. Handstand Piroutte (½ turn on hands)
  - 98. One-handed Back Walkover
  - 99. Alternating Front Walkover
  - 100. Alternating Back Walkover
  - 101. Spotting Cartwheels
  - 102. Combination of Continuous Back Moving Tricks (4 moves)
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**ADVANCED II**

- 103. Front Aerial
  - 104. Dive Front Walkover
  - 105. Back Handspring
  - 106. Handspring to Pike
  - 107. Continuous Combination of 4 moves  
Front & Back Moving Tricks
  - 108. Front Walkover Piroutte
  - 109. Front Limber Piroutte
  - 110. Standing Brandi
  - 111. Handstand to Split
  - 112. Roundoff Back Handspring
  - 113. Back-Semi
  - 114. Combination of Floor Moves (8 tricks)
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