

Exercise Recording Sheets – UB, BB, FX

0.1	0.2	CR	CV	0.1	0.2	CR	CV	0.1	0.2	CR
D + D (or more)	D (flight → or ↗) + C (or more) on HB (must be performed in this order) E + E (one must be flight) F + D (both flight) DMT D (or more)	HB ↘ LB Flight → 2 different grips (Not cast, MT, DMT)	Acro Flight (inc MT, not DMT) (must be rebounding)	C + C B + D (bwd/this order) B + E	C / D + D (or more) B + D (fwd dir) B + F D + D (or more)	2 different dance (1 leap or jump with 180° split / straddle) Turn (Gr. 3) or Roll / Flairs Acro series (2 ele. 1 salto)	Acro Indirect Acro Direct Mixed (this order only) Turns	B + D A + A + D A + D C + C D (salto) + B (dance) E (salto) + A (dance) D + B	C + D / E A + A + E A + E B / C + D DMT D (or more)	2 different dance (leaps or hops) 1 with 180° split / straddle Salto with LA turn (min. 360°) Salto with double BA Salto bwd & fwd within same or different acro line
Jump from LB to HB 0.5 Hang on HB, feet on LB, grasp LB 0.5 More than 2 of same element into DMT 0.1			- Poor body posture (head, shoulders, trunk) 0.1 / 0.2 - Insufficient amplitude of the movements 0.1 - Insufficient involvement of the body parts 0.1 - Insufficient amplitude of leg swings or kicks 0.1 - Feet not pointed/relaxed/turned in & poor work in relevé ea. 0.1 - Insufficient variation in rhythm & tempo (lack of fluency) 0.1 / 0.2 - Lack of movements sideways (no DV) 0.1 - Missing combination of movements/elements close to BB 0.1 - More than one ½ turn on 2 feet with straight legs throughout exercise 0.1			- Lack of sync. between movement and musical beat at the end of exercise 0.1 - Poor editing of the music 0.1 - Poor choreography in the corner 0.1 - Missing movem. touching floor 0.1				
			b. p. amp invol kick feet rel rhyt MT ~ ≠ ⊂			b. p. feet amp invol compl expr ½ ex end edit L ≠			DV	
									UB	
									Acro Dance Total	
									1. J	
									.9 I	
									.8 H	
									.7 G	
									.6 F	
									.5 E	
									.4 D	
									.3 C	
									.2 B	
									.1 A	
									D - Score	
									E - Score	
									FINAL	
									DV	
									UB	
									Acro Dance Total	
									1. J	
									.9 I	
									.8 H	
									.7 G	
									.6 F	
									.5 E	
									.4 D	
									.3 C	
									.2 B	
									.1 A	
									D - Score	
									E - Score	
									FINAL	
									DV	
									UB	
									Acro Dance Total	
									1. J	
									.9 I	
									.8 H	
									.7 G	
									.6 F	
									.5 E	
									.4 D	
									.3 C	
									.2 B	
									.1 A	
									D - Score	
									E - Score	
									FINAL	