

# **Acro Prerequisites and Curriculum**

## **Beginning:**

### **Prerequisites:**

- No prior experience necessary

### **Skills:**

- Front Roll/ Backroll
- Cartwheel R/L
- Same Arm/Leg one-handed cartwheel
- Backbend
- Stand Up from bridge
- Bridging Techniques
- Forearm Cartwheel
- Back Kickover/ Front Limber
- Handstands

## **Beginning/Intermediate:**

### **Prerequisites:**

- Cartwheel R/L
- One-Handed Cartwheel
- Backbend
- Bridge Stand Up
- Forearm Cartwheel

### **Skills Taught:**

- Headstands
- Head cartwheels
- Back Kickover
- Front Limber
- Back Walkover
- Front Walkover
- Cartwheel Variations
- Front/Back Roll Variations
- Forearm Stand
- Chin Stand
- One Handed Far Hand Cartwheel
- Basic Partnering Skills

- Roundoff/Hurdling Skills

## **Intermediate:**

### **Prerequisites:**

- Front/Back Walkover with straight legs
- Forearm Stand

### **Skills Taught:**

- Walkover Variations
- Forearm/Cartwheel/ chin stand Variations
- Contortion Techniques
- More advanced partnering skills
- Aerial/ Aerial Drills
- Back Handspring/ Back handspring drills

## **Advanced:**

### **Prerequisites:**

- Aerial or Back Handspring
- Front/Back Walkover with straight legs
- Seal Down Walkover
- Jump two feet over together walkover
- R/L Forearm Cartwheels
- Head Cartwheels
- Chin Stand Cartwheels
- Intermediate Level Partnering Skills

### **Skills Taught:**

- Advanced Walkover and Cartwheel variations
- Aerial Variations
- Head Springs
- Kip-ups
- Back Handspring Variations
- Back Tucks
- Round-off Back Tucks
- Advanced Partnering Skills

