

2025-2026 Acro Level Prerequisites

- **Acro 1- Beginner**
 - Forward roll
 - Handstand
 - Straddle forward roll
 - Pre cartwheel
 - Bridge

- **Acro 2/3 intermediate**
 - Cartwheel (one hand)
 - Handstand
 - Bridge walk
 - Elbow stand prep
 - Front limber
 - Back bend
 - Chin stand
 - Elbow cartwheel
 - Splits right, left, center
 - Front and back walk over prep

- **Advanced 1**
 - One handed cartwheel
 - Front walk over
 - Back walk over
 - Handstand forward roll
 - Round off
 - Dive forward roll
 - Valdez prep

- **Advanced 2**
 - Front walk over switch
 - Handstands chest roll
 - Front walk over to passe
 - Front Ariel -prep (with approval)
 - Back Handspring Prep
 - Head cartwheels
 - Backbend to elbows
 - Handstand half/full twist