

'B' Level Freestyle Check List

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| _____ 3 spin | _____ "B" Level Compulsory #1 |
| _____ Toss Rev. ill | _____ "B" Level Compulsory #4 |
| _____ Flat toss Rev. ill | _____ "B" Level Compulsory #6 |
| _____ One Spin Reverse | _____ "B" Level Compulsory #8 |
| _____ Toss Cartwheel | _____ "B" Level Compulsory #9 |
| _____ 2 spin blind | _____ "B" Level Compulsory #11 |
| _____ 2 spin catch ground | _____ "B" Level Compulsory #14 |
| _____ 90 flips a minute RHTF | _____ "B" Level Compulsory #15 |
| _____ 80 flips a minute LHTF | |
| _____ 80 flips a minute RHBH | |
| _____ 90 flips a minute LHBH | |
| _____ Splits all the way on one leg | _____ "B" Level Compulsory #2 |
| _____ 5 steps back necks | _____ "B" Level Compulsory #3 |
| _____ Toss Leap Leap | _____ "B" Level Compulsory #5 |
| _____ Must take dance or Acro class | _____ "B" Level Compulsory #7 |
| _____ "BI" level in Solo | _____ "B" Level Compulsory #10 |
| _____ 5 fugimis | _____ "B" Level Compulsory #12 |
| _____ 5 elbow pops | _____ "B" Level Compulsory #13 |
| _____ Long Arm Roll | _____ "B" Level Compulsory #14 |