

NC Group Skills & Levels

<u>Skill</u>	<u>Level B</u>	<u>Level A</u>	<u>Elite</u>
Flips (2)	80	100	120
Splits (3)	1	2	3
Spins	3	4	5
Body (3)	Single Illusion Single Cartwheel Single Walkover	1 Spin Illusion 1 Spin Cartwheel 1 Spin Walkover	Double Illusion Double Cartwheel Double Walkover
Neck Rolls	5 steps	15 steps	monsters
Fugimeas	5	15	1 min.
L. Elbow Pops	5	15	1 min.
2-B Showers R&L (2)	5	15	20
2-Baton Double Toss	2 spin	3 spin	Illusion
3-baton Pendulums	5	15	1 min.
3-baton Flat Box	5	15	1 min.
Specialty Trick!			
Dance/Acro	Pre-Intermediate/Level 2-4	Intermediate/Level 5-6	Adv./Pre-Professional