



TK Club Championships 2017
Saturday 9th December

Rudolph – Level 1

V-sit
Back support
Dish
Arch
Front support jump to crouch
Stretch jump
Jump ½ turn
Chasse chasse
One leg balance
Bunny hop
Forward roll to straddle sit
Tucked rock backwards and forwards to stand

Dancer - Level 2

Tuck jump, star jump
Forward roll
Jump ½ turn
shoulder stand HOLD
Straddle sit
Teddy bear roll
Pike HOLD
Tucked rock back and forth to stand
Chasse cat-leap straight jump
Lunge to an attempt towards handstand
Jump ¼ turn
Arabesque

Blitzen - Level 3

Cartwheel ¼ turn
Tuck jump
360 degrees straight jump
Backward roll to straddle
Forward roll to pike sit
Pike fold
Bridge
rock back and forth to stand
Lunge to handstand
Forward roll to crouch
High bunny hop

Tuck jump 180 degrees
Chasse cat-leap, chasse cat-leap ½ turn

Prancer - Level 4

Cartwheel, cartwheel
Jump ¼ turn
Tuck jump 360 degrees
Tucked backward roll
Standing pike fold
Forward roll to straddle sit
Straddle fold
Bridge
Rock back and forth to stand (bonus for kick-over)
Chasse cat-leap, chasse cat-leap full turn
Handstand
Hurdle round off

Vixen - Level 5

One handed cartwheel
Handstand forward roll
Full spin
Chasse split leap
Jump ½ turn
round-off straight jump
Rock to back (bonus for drop back to bridge)
Bridge , Kick-over
Splits
Pike fold
Shoulder stand, walk out to immediate cartwheel ¼ turn
Backwards roll to front support – straight arms
Jump to stand

Comet - Level 6

Backward walkover
Full spin
Jump lunge round-off flick
'W' jump
splits
Pike fold
Show straddle sit (bonus for straddle swim through)
Chasse split leap cat leap
Backwards roll towards handstand
Jump ½ turn
Forward walk-over

Cupid Level

Forward walk-over
Chasse split-leap chasse cat-leap full
Backward roll to handstand
'W' ½ jump
Round-off flick
Splits
Straddle jump
Run front somersault or free cartwheel
Full spin
Backwards walkover (and a bonus to finish with a Handspring)