

Maryland State Gym

Circus Acrobatics

Report card

Name:

Tumbling	Juggling	Tramp & Mini
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Front Roll
Back Roll
Head Stand
Side shoulder roll
Handstand (wall)
Bridge and kick over
Handstand Roll
Right Cartwheel
Left Cartwheel
Round off
Back Handspring
Side back spring
Front tinsika
Side flip
Front Flip
Back Flip
Front handspring arched
Front Handspring squatted
Individual Balancing
Y scale
Back scale hold leg
Press handstand floor
Press handstand min p's
One arm handstand
Handstand piroette
Helicopter
Handstand walking
Handstand walking/hop
Walking up stairs
Walking down stairs
Walking in a spider
Tight Rope
Walk forward
Walk backward
standing on one foot
Jumping on one foot
Jumping rope
Jump and turn

Juggling with three balls
Juggling with four balls
Juggling with five or more
Twirling with rods
Twirling and throwing rods
Partner Twirling
Hula Hoop toss
Hula Hoop toss with spin
Hula Hoop toss w/partner
Juggling and tumbling
Partner Juggling across
Unicycle
Riding forward
Riding backward
Spinning in circles
Hopping
Riding up a ramp
Riding on a beam (Low)
Partner Balancing
Standing on knees
Standing on shoulders
Lay down stand on hands
Swan on feet arched back
Super man on fee forward
Foot to foot stand lay down
Standing jump up
Standing L seat
Front Roll Out from top
1 let balance in split
front roll on back to balance
side hold shoulder stand
Run up the back
Front flip off top
Back flip off top
Mime
Walking in one spot
The box
Climbing
Walking up
Walking down in hole

Front flip on tramp
Back Flip on tramp
Side Flip on tramp
Baroni on tramp
Back 1/2 on tramp
Front flip off mini tramp
Baroni off mini tramp
Front layout mini tramp
Contortion/Stretch
Right and Left Split
Straddle Split
All over splits
Hold leg in back
Hold leg at face in front
Bridge
Bridge on shoulders
wrap legs around head
bridge rolls
contortion rolls
touch head with fee
Fighting
Punch and fall
Punch and jump
Punch and spin
Punch and flip back
Swing flip forward
Swing flip back
Butterfly
Tong Fe
Gainer back
Gianer back handspring
Back handspring in circle
Dive roll
Dive roll with run
Jump to stomach
Jump 1/1 turn to stomach