

TECHNICAL ELEMENTS FOR 8-10 / 10-12 YEARS

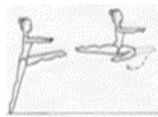
1. **Total body side wave.**
2. **Forward bending.**
3. **Total body swing to any direction** (free of choice).
4. **A-Body movement series:** series consists of two (2) body movements (one which is back bending), including changing of level during the body movement series (free choice in the order of the body movements in the series).
5. **Balance:** side balance, right leg up over 90° with support of one hand, both legs are straight (various ways of holding the upper leg are possible)



6. **Pivot/pivot 360°** in passé position turn 360° free leg in front (right or left). Any direction of rotation is possible.



7. **Jump or leap:** stag jump (right leg front, left leg straight) started from assemble.



8. **Balance + A-body movement series:** balance with right leg back (amplitude min. 90°) and body leant forward (horizontal line) + A-Body movement series included any lean/lunge and side bending (free choice in the order of the body movements in the series).



+ A-Body movement series included any lean/lunge and side bending.

9. **Balance + Jump:** balance with right leg front at least 90° with body in vertical position + one step and jump in cossack position left leg front up at least 90°.



10. **Steps, skips and hops:** series consists of at least 6 steps, at least 2 different types, including travelling
11. **Acrobatic movement:** cart wheel (any type).
12. **Flexibility movement:** split on the floor, left leg front

Note! The order of required technical elements inside of the composition is free.