

ATA Fundamentals List

BEGINNER I	BEGINNER II	ADV BEG I	ADV BEG II	INTERMEDIATE
Attention & Salute	Backwards Figure 8 L&R	Blind Catch	Front Neck Roll	Rev.Vert. Finger Twirls L&R
Flat Spins L&R	Boxes L&R	Backhand Catch	Double Elbow Rolls	Rev. Hor. Finger Twirls L&R
Wrist Twirls L&R	Fake & Real Indian Clubs	Back Catch	Double Elbow Roll Extensions	Mouth Rolls
Arm Rolls	Whips L&R	Left Hand Catch	Mouth Roll	Front Neck Rolls
Elbow Rolls	Waist Wrap	Vert. Finger Twirls L&R	1-turn Blind Catch	Fish Tail Carries L&R
Waterfalls	Butterfly L&R	Horiz Finger Twirls L&R	1-turn Backhand Catch	3 Elbows
Flashes L&R	Whirl Around L&R	Vertical 1-turn	1-turn Back Catch	Monster Roll
Neck Wrap	Thumb Flips (Continuous)	Horizontal 1-turn	1-turn Left hand Catch	2-turn Left hand Catch
Backward Flashes L&R	Backhand Flips (Continuous)	Pitter Patters	Vertical 2-turn	2-turn Blind Catch
Figure Eights L&R	Vertical Aerials	Fish Tails L&R	Horizontal 2-turn	2-turn Backhand Catch
Front Spins	Horizontal Aerials	Elbow Extension	High Toss Bow	2-turn Back Catch
Front Spin Body Pass	Arabesque L&R	Elbow Extension Trap	High Toss Fan Kick	2-turn Left hand Catch
Front Spin Knee Pass	Chaine	Press Rolls	Attitude	Tour Jete
Thumb Rolls	Jazz Run	Fan Kick L&R	Grande Jete	Cartwheel
Bicycles	Petit Jete	Glissade	Illusions	Walkover
Basic Marching	Pique	Hitch Kick L&R	Reverse Illusion	Developpe
Chasse	Splits	Leg Extensions	Pirouette	Cabriole
Kicks L&R	Step Ball Change w/ Pique	Pique Turns	Scissor Kicks	Attitude Turns
Lunge L&R				
Step Ball Change				