



Allstars Twirling Academy

Fundamental Skill List

TWIRLING SKILLS

NOVICE	BEGINNER
Attention & Salute	Fake/Real Indian Clubs
Flat Spins L&R	Whips L&R
Wrist Twirls L&R	Boxes L&R
Waterfalls	Backwards Figure 8's L&R
Flashes L&R	Butterfly L&R
Backward Flashes L&R	Seated Fingertwirls L&R
Figure Eights L&R	Whirl Around L&R
Front Spins	Thumb Flips (Cont) L&R
Front Spin Body Pass	Backhand Flips (Cont) L&R
Front Spin Knee Pass	Vertical Aerials
Thumb Rolls	Horizontal Aerials
Thumb Flip	1 Spin - Vertical
Bicycles	

ADVANCE BEGINNER	INTERMEDIATE
Vert. Finger Twirls L&R	Rev. Vert. Fingers
Horiz. Finger Twirls L&R	Rev. Hor. Fingers
Left Hand Catch	Vertical 2-spin
Backhand Catch	Horizontal 2-spin
Back Catch L&R	Blind Catch L&R
Horizontal 1-spin	Toss Seatroll/Roll Down
1-spin Left Catch	1-spin Catch Blind
1-spin Backhand Catch	2-spin Left hand Catch
1-spin Catch on Back	2-spin Backhand Catch
High Toss Fan Kick	3-spin
High Toss Bow	

ADVANCED
2-spin Catch Blind
2-spin Back Catch
Toss Illusion
Toss Rev. Illusion
4-spin +
Double Illusion
Toss illusion with one spin
2-Baton
Toss Cartwheel/Walkover
Multiple baton

ROLLS

Arm Rolls	DBL Arm Roll
Elbow Rolls	Waist Wrap
Neck Wrap	Mouth Roll
Hand Roll L& R	Elbow Ext.
	Pitter Patters
	Elbow Ext. Trap

Long Arm Rolls	Half Monster roll
Elbow Layout	Double Elbow Rolls
Front Neck Roll	Dbl Elbow Extensions
Fish Tails L&R	Front Neck traps
DBL Elbow	Mouth Rolls
DBL Elbow Extension	
Press Rolls	

Fujimi/Cutbacks
Connected rolls
Cont. Back necks
Cont. Elbows
Front Neck Rolls
Fish Tail Carries L&R
3 Elbows
Full Monster Roll

BODYWORK

Chasse	Jazz Run
Kicks L&R	Petit Jete
Lunge L&R	Pique
Step Ball Change	Splits
Aerobesque L&R	Step Ball Change Pique
Petit Jete	Wall Walk Bridge
Splits	Handstand on Wall
	Teeter Totter

Glissade	Grande Jete
Hitch Kick L&R	Illusions
Leg Extensions	Cartwheel
Pique Turns	Pirouette
Cartwheel	Scissor Kicks
Tour Jete	Walkover
Grande Jete	Cabriole
Illusions	
Bridge Up	

Tour Jete
2nd Position/straddle leap
Switch leg leap
Reverse Leap
Develope
Stag Leap
Attitude Turns