

SOUTHERN ASSOCIATION OF DANCE MASTERS
STUDY GUIDE FOR ACROBATIC EXAM

1. Student will describe why acrobatic, tumbling or gymnastics training is important to a student.
2. Student will be able to give at least five examples of exercises which can be used as a warm-up.
3. Student will name the three components of an acrobatic class.
4. Student will be able to name five basic fundamental tricks that they would teach to a pre-schooler and how they would teach them.
5. Student will be able to describe the following tricks and how they would teach them. Student will also be able to classify them under the proper category as aerial, balance, tumbling or limber work:

Back Bend	Front Flip or Front Handspring
Back Flip or Flip Flop	Front Walkover
Back Somersault	Hand Stand
Butterfly	Hand Walk
Cartwheel	Inside-Out
Clock Splits	Illusion
Chest Roll Split	Straddle Roll
Crab Walk	Tiger Stand
	Tinsika

6. Student will be able to list common faults found in acrobatic students. (6-8 faults)
7. Student will be able to name at least five tricks from the following categories: balance and control, aerial, limber and tumbling
8. Student will be able to name at least five variations of the following tricks: splits, cartwheels and walkovers
9. Student will be able to name at least five tricks that can be done continuously in the same place.
10. Student will be able to describe an intermediate class and how to teach one. Include warm-up and at least five tricks.