

# ACROBATICS EXAMINATION

*study guide*



*Please refer to the following source(s) for information:*

*Individual Tumbling, Acrobatics, and Balancing* by Jack Wiley

*Glossary of Acrobatic Gymnastics Terms* by USA Gymnastics

*\*available online at [https://usagym.org/docs/Acro/Rules/jo\\_codeofpoints/A-12.pdf](https://usagym.org/docs/Acro/Rules/jo_codeofpoints/A-12.pdf)*

*Examination questions may include, but not be limited to, the following subject areas:*

- Definitions of basic acrobatics elements, steps, or movements
- Correct execution of basic elements or tricks
- Class structure and elements of typical acrobatics class
- Performance opportunities for tumbling/acrobatics
- Types of somersaults
- Types of aerial tricks
- Value of acrobatics to dancers

*Be prepared to do the following:*

- Demonstrate basic acrobatic elements or skills