



"12' Arrow" 12' wall run



"Balance Combine" (walk 8 metal rails, mount an elbow-high bar without your hands, pull-over mount and walk the high red bar for 15 seconds).



"XX Roll" Jump from 2x grey block height to floor and roll; no pads.



"Deathdrop" Deadfall backwards into the foampit from on top 3 grey blocks. Similar to a mummy fall, but from much higher.



"King Kong" Demonstrate mastery of kongs (kong, dash, kash, and double kong. Clear an 8' long obstacle, no feet.)



"Flying Bullseye" Precision jump across the high beams and back.



"Flat Ground Tucks" Land front and back tucks on the floor.



"Ninja" Able to complete an intermediate level course without touching the floor or making a sound. Demonstrates a mastery of soft landings and smooth movement combinations.



"Awareness" Student has and uses situational awareness as a regular habit. Looking before they run and waiting until they have enough room to not run into others. Not wandering aimlessly into the paths of others. Being aware of their environment, and not just what's in front of them. There isn't a single test for this, but something we look for and discuss regularly in Basics. I expect every student to demonstrate this ability before they move up to Intermediate.



"Strength Combine" (5 full pike ups, 10 pull ups, 20 push ups, each in one set).