

Skills Tests 1-4 Advanced

This part of the assessment is about showing your technical skills.

- Make sure you are in full view of the camera during recording in a well-lit area.
- Record each move listed below on both sides on a static pole with a safety mat. No safety mat means no assessment.
- There should be no sound in these videos.
- Record each conditioning exercise or move once on each side.
- If you perform the movements correctly you will pass.
- If any movements are technically incorrect you may have to submit them again. Your assessor will contact you if you need to resubmit any movements.
- You can record the moves in each section continuously or you can edit the moves so they appear consecutively on the recording in the required order as per the Skills Test list.

Skills Test List 1 / Video 1

Include the following content in the first video. Upload the video privately to YouTube, Vimeo or a similar website that will provide a non-expiring URL (link) for your uploaded videos. Insert the URL to submit to your assessor.

Conditioning Exercises	Left Side	Right Side
3-Part Tuck with Pull Up		
Shouldermount Crunch		
Leg Release Roll Ups		
Advanced Climb & Plank Lowering		
Lowering V Inverts		
Handspring Prep Normal/Upright Grip		

Skills Test List 2 / Video 2

Include the following content in the second video. Upload the video privately to YouTube, Vimeo or a similar website that will provide a non-expiring URL (link) for your uploaded videos. Insert the URL to submit to your assessor.

Advanced Spins	Left Side	Right Side
Katerina		
Helicopter		
Scottish Spin Hard Variation		
Reverse Grab to Back Hook		
Double Cup Grip to Reverse Grab		

Skills Test List 3 / Video 3

Include the following content in the third video. Upload the video privately to YouTube, Vimeo or a similar website that will provide a non-expiring URL (link) for your uploaded videos. Insert the URL to submit to your assessor.

Advanced Tricks	Left Side	Right Side
Thigh Hold Switch Up		
Hip Hold		
Scorpio to Thigh Hold		
Iguana Pencil		
Reverse Climb		
Flag		
Easy Drop		
Chinese Attitude		

Skills Test List 4 / Video 4

Include the following content in the third video. Upload the video privately to YouTube, Vimeo or a similar website that will provide a non-expiring URL (link) for your uploaded videos. Insert the URL to submit to your assessor.

Extra Flexibility Stretches	Left Side	Right Side
Bow/Rocking Prep	n/a both sides shown	
Adductors Sitting		
Adductors Side and Pole		
Quadriceps, Iliopsoas and Wall Stretch		