

Coach	Class

NINJA LEVEL 1

WHITE

Floor								
L Handstand								
Cartwheel								
Bridge								

Agility								
Forward Roll								
Backward Roll								
PK Roll								
Tac								
Wall Pop								
Precision Jump								
360 Spin								
Cat Hang								
Climb-Up								

Bars								
Front Support								
Cast (Hips off, back to bar)								
Skinny Cat								
Lache								
Fwd Roll Dismount								
Back Swing Dismount								

Vaults								
Safety								
Turn								
Kong On								
Kong Off								

Kicks								
Round								
Hook								
Sweep								