















Level 1 - Trios

A		
	<p>Base – lie flat on back legs up straight Middle - lean against base feet and stand legs at right angles Top - Feet on middles knees and do front support</p>	<p>Base – lie flat on back legs up straight Middle - lean against base feet and stand legs at right angles Top - Feet on middles knees and do reverse support</p>
B		
	<p>All three partners join hands in the middle to perform one foot stand. Knee should be bent at right angle in front of bodies</p>	<p>All three partners join hands in the middle to perform star shape balance</p>
C		
	<p>Base – front support Middle – feet on bases shoulders and front support Top – feet on middles shoulders and front support</p>	<p>Base – reverse support Middle – feet on bases shoulders and reverse support Top – feet on middles shoulders and reverse support</p>
D		
	<p>Base and middle kneel on all fours feet to feet. Top kneels on all fours on top putting their hands on one partner and feet on the other</p>	<p>Base on all fours should show right angles. Middle leans back rests shoulders and head on the base. Top then leans back on the middle resting their shoulders and head on middles knees. All legs should show right angles</p>
E		
	<p>Base and middle kneel up side by side and top stands up straight on their legs. Top can face either way.</p>	<p>Base kneels on all fours top stands on their lower back. Middle performs a one foot stand whilst holding the tops hands. Middle may choose any one foot stand</p>
F		
	<p>Base performs a crab. Middle puts their feet on the bases knees and does a front support lifting one leg. Top puts their feet on the bases shoulders and does a front support lifting one leg.</p>	<p>Base perform a one leg balance whilst holding the top and middle in a straight leg headstand either side.</p>
G	Front Support	Reverse Support
H	Froward Roll	Backward Roll
I	<p>Frog Balance </p>	<p>Tucked Headstand </p>
J	Forward roll start jump	Backward roll start jump