

ACHIEVEMENT LIST



SKILL	BASIC	GOOD	EXCELLENT
ATTENDANCE			
TEAM SPIRIT			
SHOWMANSHIP			
KNOWLEDGE			
EFFORT			
UNIFORM			
CATCHING METHODS			
Bear Hug			
Cradle			
DISMOUNTS			
Step off			
Grab Hands			
Push & Drop			
Pop-Off			
A SKILL STUNTS			
Step Lock			
L Stand			
Shoulder Sit			
Step Lock to Liberty			
Double Base Thigh Stand			
B SKILL STUNTS			
Dead Man Lift			
Shoulder Splits from Floor			
Front Post Elevator			
BALANCE			
Liberty			
Heel Stretch			
Scale			
Scorpion			
Spike			