

INTRODUCTION TO URBAN CHEER

WHAT IS URBAN CHEER?

A UNIQUE BLEND OF POPULAR
URBAN DANCE MOVES AND
CHEERLEADING SKILLS

Coach Education exclusive to the UKCA

CHEERLEADING

Vocal Skill (Cheers & Chants),
Cheer Arm Motions,
Cheer Jumps, Tumbling
& Poms

FOUNDATION DANCE STYLES

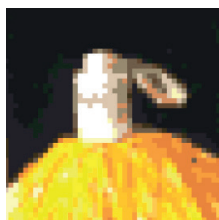
Hip Hop, Commercial,
House, Breaking,
Waaking, Popping & Locking

VARIETY OF POMS AVAILABLE

Baton Handle



Stick Handle



D Handle



Double D Handle



Baton and Stick Handled poms are the safest and most popular
Good for all age groups and ability levels

URBAN CHEER ATTIRE

- Footwear is an essential requirement in all Urban Cheer activities (pumps and trainers are appropriate)
- Safe clothing that would be worn for any other physical activity and allows movement (PE kit is ideal)
- Clothing should be appropriate for the age of the participants
- Aim to create unity with training and performance attire