

**ACROBATICS
EXAMINATION**
study guide



Please refer to the following source(s) for information:

Individual Tumbling, Acrobatics, and Balancing by Jack Wiley

Glossary of Acrobatic Gymnastics Terms by USA Gymnastics

**available online at https://usagym.org/docs/Acro/Rules/jo_codeofpoints/A-12.pdf*

Examination questions may include, but not be limited to, the following subject areas:

- Definitions of basic acrobatics elements, steps, or movements
- Correct execution of basic elements or tricks
- Class structure and elements of typical acrobatics class
- Performance opportunities for tumbling/acrobatics
- Types of somersaults
- Types of aerial tricks
- Value of acrobatics to dancers

Be prepared to do the following:

- Demonstrate basic acrobatic elements or skills