



NAME:

TRICK SHEET

LEVEL ONE

PRACTICE

PASS OFF



RT | LFT

ATTENTION								
SALUTE								
FIGURE 8								
HORIZONTAL TWIRL								
WRIST TWIRL								
PASSES: NECK, HEAD, FRONT, BACK, KNEE								
FLOURISH/FLASH								
TWO HAND SPIN								
END SWING								
HORIZONTAL LASSO SWING								
HORIZONTAL NECK WRAP								
HORIZONTAL FIGURE 8/BOX								
REVERSE FIGURE 8								
CHIN-DBL ARM ROLL								
ARM ROLL								
PENCIL TOSS								
ELBOW ROLL								
PIZZA TOSS								
DBL-DBL ARM ROLL								
FLOURISH WHIP								
THUMB ROLL - NO FLIP								
REVERSE FLOURISH & WHIP								
THUMB ROLL FLIP TOSS								



NAME:

TRICK SHEET

LEVEL TWO

PRACTICE

PASS OFF

★ ★ ★ ★ ★ ★ RT | LFT

END SWING TOSS								
FLOWER								
HORIZONTAL PASS, TOSS								
FOLD OUT ROLL								
PITTER PATTERS								
BODY WRAP								
FINGER TWIRLS (1-2, 2-1)								
ELBOW POP								
DOUBLE ELBOW ROLL								
HAND ROLL (FOWARD & REVERSE)								
BACKHAND TOSS								
DBL ARM ROLL								
WAIST WRAP								
TAFFY PULL								
SHOULDER WALK								
CAN OPENER TOSS								
CATCH - LEFT								
CATCH - BACKHAND								
CATCH - UNDER ARM / UNDER KNEE								
CATCH - LUNGE								
CATCH - BACK								
CATCH - BLIND								
CATCH - SIDE/BODY								
LITLLE JOE FLIPS								