

Academy Baton Collective C Level Trick List

- ☐ Flips (All ways) 20/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ Flip ground OR flip blind (facing side)
 - ☐ Backbreaker OR waist wrap
- ☐ 1 spin
- ☐ Forward or reverse illusion on both sides (no toss)
- ☐ Cartwheel on both sides (no toss)
- ☐ Walkover (no toss)
- ☐ Double elbow carry (front and back)
- ☐ 10 neck traps
- ☐ 10 arm pops
- ☐ Half long arm roll (R & L)
- ☐ 5 forward showers (with or without loops)
- ☐ Standard double toss
- ☐ Standard high low toss
- ☐ 3 pendulum juggles
- ☐ 3 flat box juggles
- ☐ Splits 6 inches from ground (2 ways)
- ☐ Level 1 acro
- ☐ Specialty trick!!!

Academy Baton Collective BN Level Trick List

- ☐ Flips (All ways) 40/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ R to R or L to L flip ground OR flip pivot blind
 - ☐ Sweet pea OR chicken wing release
- ☐ 2 spin
- ☐ Toss illusion
- ☐ Toss cartwheel
- ☐ Toss walkover
- ☐ 1/2 fujimi (right & left)
- ☐ 3 steps back neck rolls
- ☐ 3 elbow pops
- ☐ Full long arm roll (1 side)
- ☐ 10 forward showers (with loops)
- ☐ Double toss 1 spin
- ☐ High low 1 spin
- ☐ 5 pendulum juggles
- ☐ 5 flat box juggles
- ☐ Splits 4 inches from ground (3 ways)
- ☐ Level 2 acro
- ☐ Specialty trick!!!

Academy Baton Collective BI Level Trick List

- ☐ Flips (All ways) 60/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ Hug trick OR drop down
 - ☐ Washer OR cleo turn
- ☐ 3 spin
- ☐ 1 spin illusion
- ☐ 1 spin cartwheel
- ☐ 1 spin walkover
- ☐ Full fujimi
- ☐ 5 steps back neck rolls
- ☐ 5 elbow pops
- ☐ Full long arm roll (2 sides)
- ☐ 15 forward showers (with loops)
- ☐ Double toss 2 spin
- ☐ High low 2 spin
- ☐ 10 pendulum juggles
- ☐ 10 flat box juggles
- ☐ Splits 4 inches from ground (3 ways)
- ☐ Level 3 acro
- ☐ Specialty trick!!!

Academy Baton Collective BA Level Trick List

- ☐ Flips (All ways) 80/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ Flashback OR slap trick
 - ☐ Flat danger OR Seattle special
- ☐ 4 spin
- ☐ 2 spin illusion
- ☐ 2 spin cartwheel
- ☐ 2 spin walkover
- ☐ 5 fujimi
- ☐ 15 steps back neck rolls
- ☐ 15 elbow pops
- ☐ Double long arm roll (1 side)
- ☐ 1 min forward showers (with loops)
- ☐ Double toss single body move OR 3 spin
- ☐ High low single body OR 3 spin
- ☐ 15 pendulum juggles
- ☐ 15 flat box juggles
- ☐ Splits flat to ground (2 ways)
- ☐ Level 4 acro
- ☐ Specialty trick!!!

Academy Baton Collective A Level Trick List

- ☐ Flips (All ways) 100/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ Flip catch in body move
 - ☐ Flat toss catch blind OR ground OR in body move
- ☐ 5 spin
- ☐ Double illusion
- ☐ Double cartwheel
- ☐ Double walkover
- ☐ 1 min fujimi
- ☐ 1 min back neck rolls
- ☐ 1 min elbow pops
- ☐ Double long arm roll (2 sides)
- ☐ 10 crescent showers (with loops)
- ☐ Double toss 1 spin single body move
- ☐ High low 1 spin single body move
- ☐ 1 min pendulum juggles
- ☐ 20 flat box juggles
- ☐ Splits flat to ground (3 ways)
- ☐ Level 5 acro
- ☐ Specialty trick!!!

Academy Baton Collective Elite Level Trick List

- ☐ Flips (All ways) 120/min
- ☐ Choice of 2 pieces of contact from the following list (weighted depending on difficulty):
 - ☐ 1 spin added to vertical contact material (if you're not sure, ask your coach!)
 - ☐ 1 spin added to flat contact material (if you're not sure, ask your coach!)
- ☐ 6 spin
- ☐ Triple illusion
- ☐ Triple cartwheel
- ☐ Triple walkover
- ☐ Triple cutback
- ☐ Continuous monster rolls
- ☐ 3 chaine pops
- ☐ Double long arm roll (L to L & R to R)
- ☐ 15 crescent showers (with loops)
- ☐ Double toss 4 spin OR double body move
- ☐ High low 4 spin OR double body move
- ☐ 1 min crescent juggles
- ☐ 1 min flat box juggles
- ☐ Oversplits (3 ways)
- ☐ Level 6+ acro
- ☐ Specialty trick!!!