

Skills to be familiar with

Beginner Judges Aerobic Gymnastics

- Push Up http://www.fig-aerobic.com/A-101-PUSH-UP_a576.html
- High Leg Kicks http://www.fig-aerobic.com/D-302-FOUR-4-CONSECUTIVE-SAGITAL-HIGH-LEG-KICKS-VERTICAL_a760.htm
- Straddle Press http://www.fig-aerobic.com/B-102-STRADDLE-SUPPORT_a648.html
- L Press http://www.fig-aerobic.com/B-132-L-SUPPORT_a662.html
- 1/1 Air Turn http://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html
- Tuck Jump http://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html
- Tuck Jump full turn http://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html
- Vertical Split http://www.fig-aerobic.com/D-121-VERTICAL-SPLIT_a704.html
- 1/1 pivot turn http://www.fig-aerobic.com/D-142-1-1-TURN_a710.html