

Grade Five - required

Q. Where do we place our hands in a Backward Walkover to make it easier?

A. As close as possible to the feet.

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Q. Where do we place the arms in an Elbow Balance to sustain the balance?

A. Equal distance apart, underneath the shoulders.

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Q. Describe how you perform EITHER a  
A) Passing Walkover OR B) Tick Tock

A. A) a forward walkover changing leg in the air.  
OR B) a forward walkover stopping when the 2nd leg touches the floor, straight back into a backward walkover.  
Or B) can be a forward walkover where 2<sup>nd</sup> leg doesn't touch the floor but throws straight back into a backward walkover.

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Q. Explain the difference between a Back Drop and a Back Bend?

A. You go straight back in a back bend but you spiral the body in a back drop.

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Q. What is a Tail Spin?

A. Spin on the bottom completing one turn.