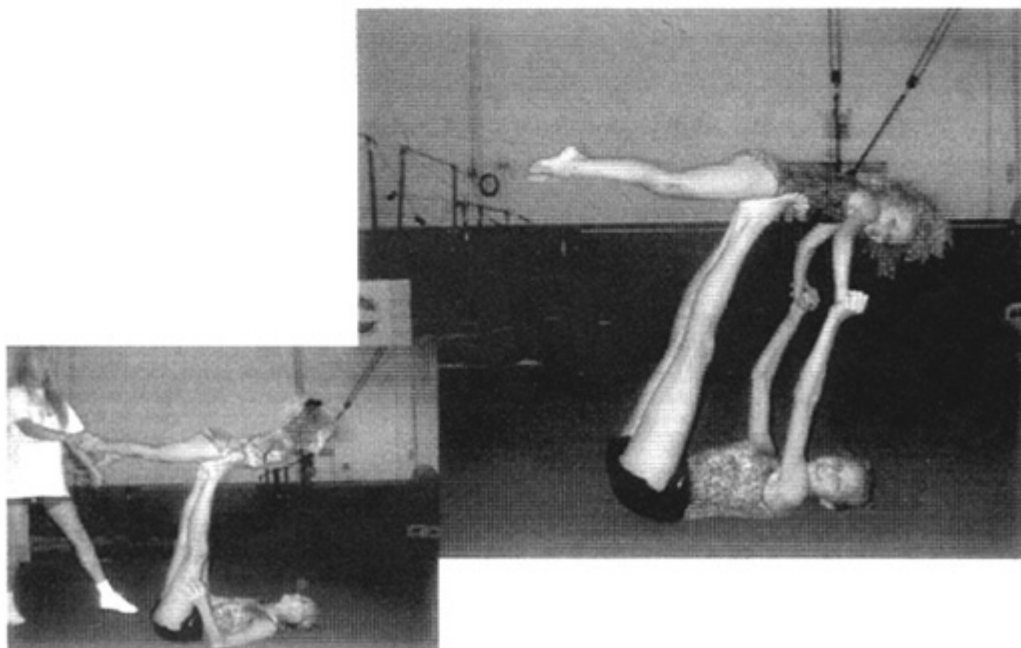
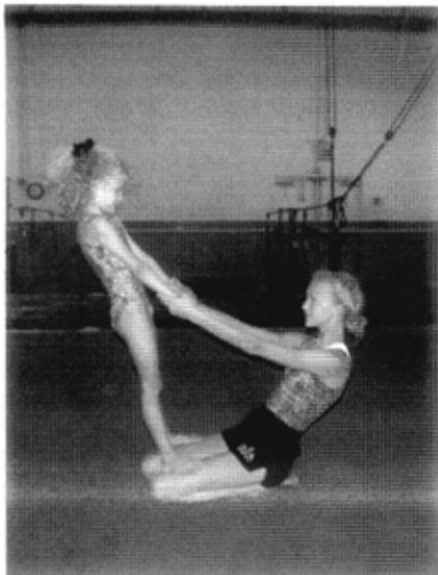
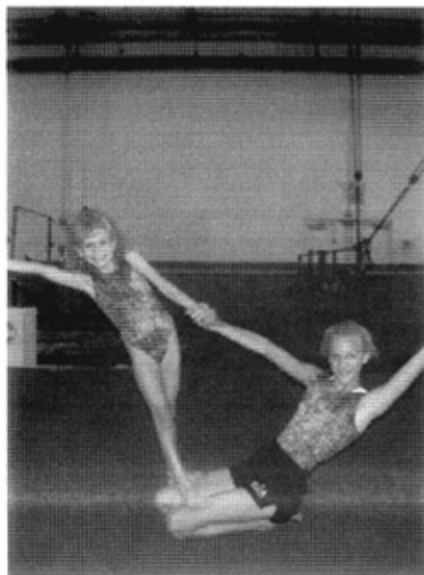


### Introductory Acrobatic Skills

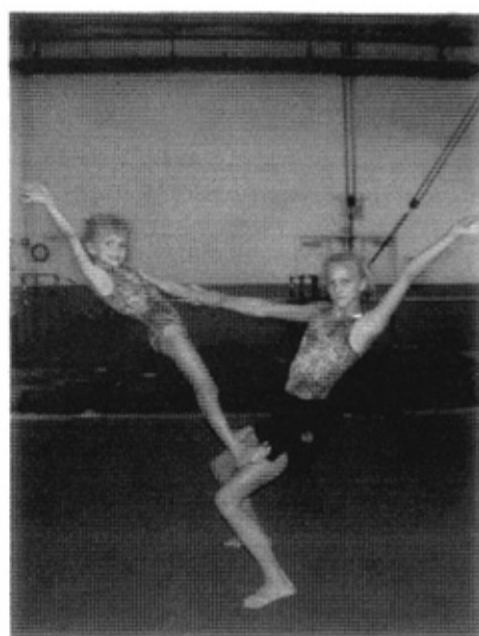
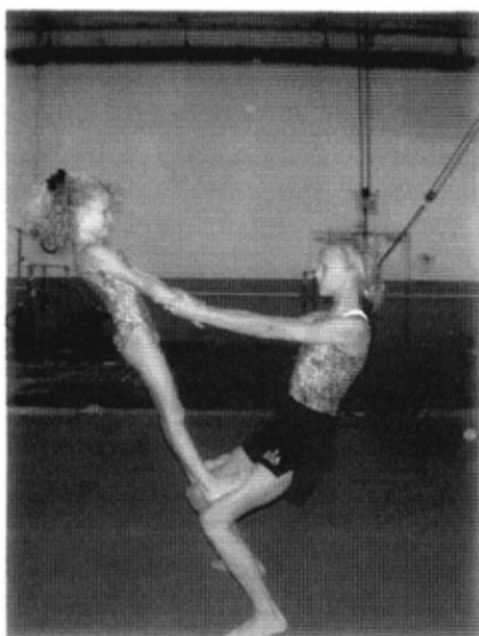




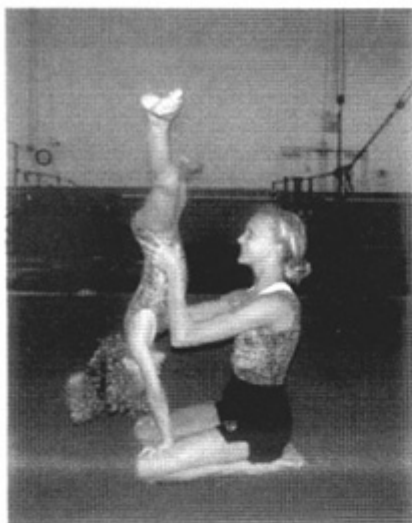
**Thighstand for Preschoolers**



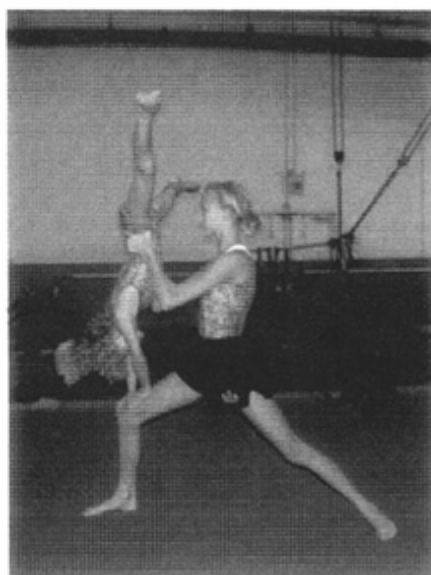
**Wave to Mom**

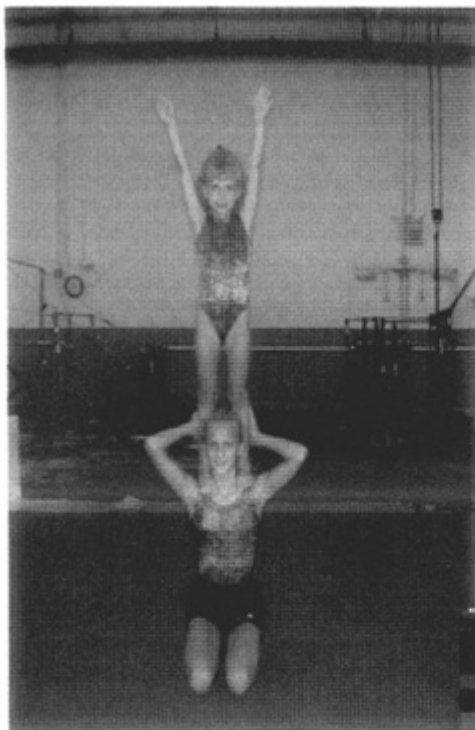


**Thighstand**

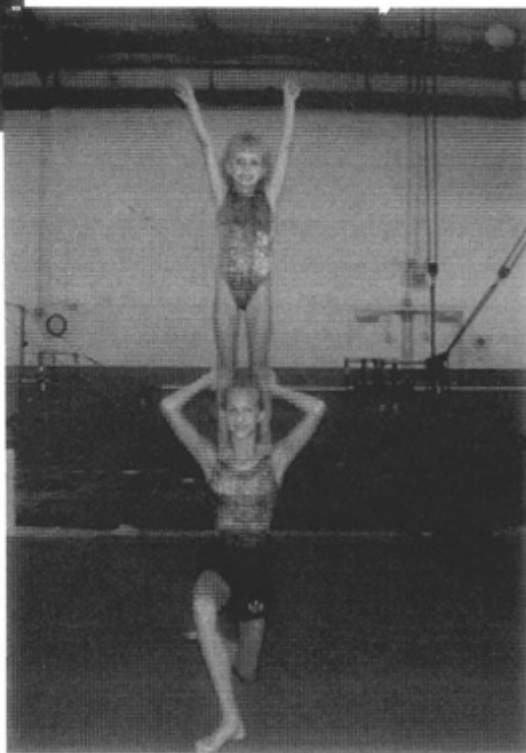


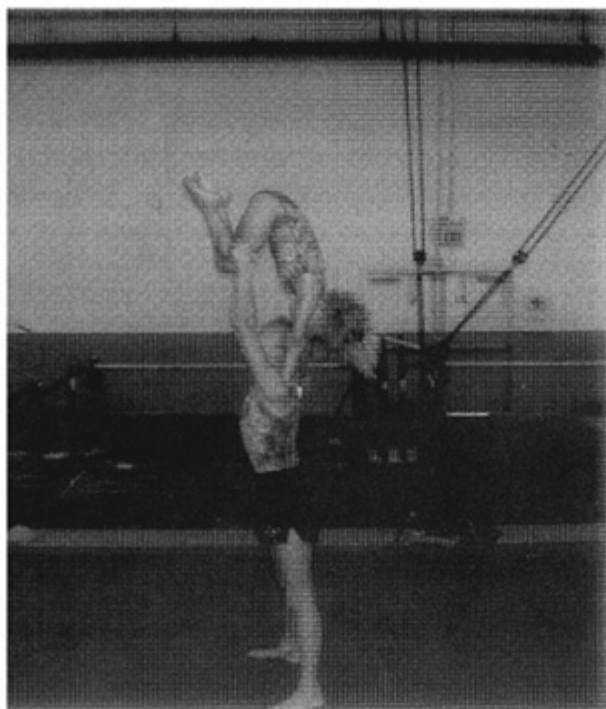
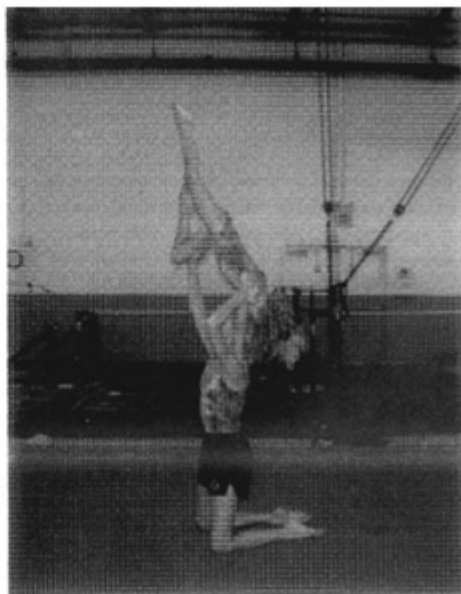
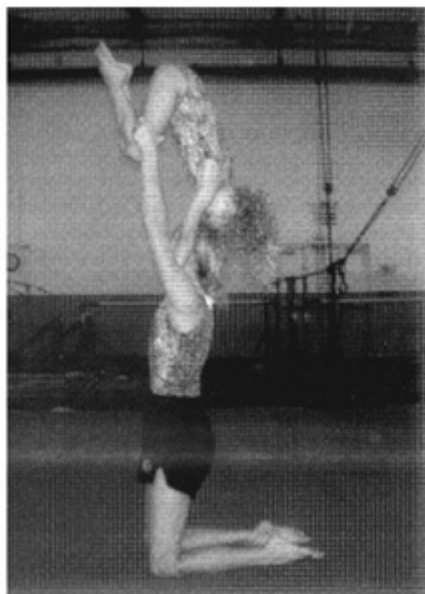
## Handstand on Knees





**Progressions to  
Stand on Shoulders**





**Progressions  
for  
"Camel"**

**(Used in Trios and Pairs)**



**Platform**  
(Used in Trios and Fours)

