



A206 Level 1-4 and 5/6 Acrobatic Coaching Video Exam



Directions:

- Please review the A206 video prior the taking the test.
- All questions refer to the A206 Level 1-4 and 5/6 Acrobatic Coaching Video

Level 6 Women's Pair

1. What are the handstand positions in skill 1A & 1B?
 - a. Arch & Straight
 - b. Arch & Yogi
 - c. Yogi & Deep Arch
2. Is there a release on skill 2A by the base in shoulder stand?
 - a. Yes
 - b. No
3. Is skill 5A a straight body dismount or a straddle jump dismount?
 - a. Straight body
 - b. Straddle jump
4. In skill 7B is there a release required?
 - a. Yes
 - b. No
5. Is skill 8B a toe pitch tuck jump or straddle jump?
 - a. Toe pitch tuck jump
 - b. Straddle jump

Level 6 Men's Pair

6. You can either kick up or tuck up to a 1 arm handstand on lunge in Level 6 Men's Pair?
 - a. True
 - b. False
7. When doing calf mount to shoulder stand, where does the base grab on the top once they are in shoulder stand?
 - a. Around the ankles
 - b. Behind the tops calves
 - c. Support by holding hands

8. Does the top bend their arms or keep them straight and by their side on in locate to shoulder stand?
 - a. Top should keep arms straight & by their sides.
 - b. Top bends arms and then locks out at the top of the skill.
9. On pike or straddle on knees the tops legs should be at which angle?
 - a. 45'
 - b. 90'
 - c. 180'
10. How many seconds does the top hold at the beginning of stand on shoulders to knees and then how many seconds at the end of the skill is required?
 - a. 1 second at the top before going to knee, 1 second at the end of the skill.
 - b. 3 seconds at the top before going to knee, 1 second at the end of the skill.
 - c. 3 seconds at the top before going to knee, 3 seconds at the end of the skill.
 - d. 1 second at the top before going to knee, 3 seconds at the end of the skill.

Level 6 Mixed Pair

11. How many seconds should the top have to hold a balance static skill?
 - a. 10
 - b. 3
 - c. 1
12. Does the base have to support the top's landings after dynamic skills?
 - a. Yes
 - b. No
13. Before motioning to knee the pair should hold their tuck handstand on shoulders for one second?
 - a. Yes
 - b. No
14. What is the best way for the base to help control the tops landing?
 - a. Catch them with locked out arms
 - b. Bend knees when catching
15. How many balance elements are required for level 6 Mixed Pair?
 - a. 4
 - b. 6
 - c. 2

Level 6 Women's Group

16. For the lay down pike, the top begins in what shape?
 - a. Tuck
 - b. Pike
 - c. Straddle

17. For the double support standing tuck hold, the top must climb to the shoulders using both bases.
- Yes
 - No
18. In the front boost skill, the bases boost from the chest and the:
- Hips
 - Thighs
 - Stomach
19. For the BBC link to forearm catch, the top may land the catch on her:
- Stomach
 - Back
 - Either stomach or back
20. The column skill the base cannot support the top as she dismounts the shoulders.
- True
 - False

Level 5 Women's Pair

21. Balance skill #1 is the leg position of the top optional?
- Yes
 - No
22. Balance skill #4 is the grip a hand to hand grip or a foot to hand grip?
- Hand to hand
 - Foot to hand
23. Dynamic skill #1 does the landing need to be supported by the base?
- Yes
 - No
24. Dynamic skill #2 should the top's leg be together or apart?
- Together
 - Apart
25. Dynamic skill #3 takes off of two feet and top lands on her back?
- True
 - False

Level 5 Men's Pair

26. Balance skill #1 is a tuck through to shoulder stand?
- Yes
 - No
27. Does balance skill #2 require a 3 second hold?
- Yes
 - No

28. Dynamic skill #2 does the top or base do the straddle jump?
 - a. Top
 - b. Base
29. Dynamic skill #3 does the toe pitch begin standing or on one knee of the base?
 - a. Standing
 - b. One knee
30. Dynamic skill #4 does the top do a straddle jump or a straight body jump?
 - a. Straddle jump
 - b. Straight body jump

Level 5 Women's Group

31. Does the middle assist the top into the handstand for balance skill #2?
 - a. Yes
 - b. No
32. In balance skill #3 is the grip a 2:2 hand grip?
 - a. Yes
 - b. No
33. In dynamic skill #2, are the bases hands interlocking?
 - a. Yes
 - b. No
34. In dynamic skill #4 does the top do a 180 lateral twist or a 360 lateral twist?
 - a. 180
 - b. 360
35. In balance skill #1 is there one base or two bases on the floor to hold the pyramid for 3 seconds?
 - a. One
 - b. Two

Level 4 Women's Pair

36. How many balance skills are there in Level 4 WP?
 - a. 1
 - b. 4
 - c. 7
37. How long do balance skills need to be held in L4 WP?
 - a. 10
 - b. 1
 - c. 3
38. Is there an alternative way to get into L4 WP Balance Skill #2?
 - a. Yes
 - b. No

39. Is minimal or no flight acceptable for dynamic skills L4 WP?
- a. Yes
 - b. No

40. Is there a forward roll in balance skill #4 L4 WP?
- a. Yes
 - b. No

Acro Level 4 Men's Pair

41. Is a Candlestick Handstand skill a pair skill for both WP & MP?
- a. Yes
 - b. No

42. How many dynamic skills are there in L4 MP?
- a. 8
 - b. 3
 - c. 4

43. For dynamic skill #2 L4 MP is the base sitting or kneeling?
- a. Sitting
 - b. Kneeling

44. For dynamic skill #4 does the toe pitch jump of the top take off of one foot or two?
- a. One
 - b. Two

45. For balance skill #1, while sitting on shoulders for 3 seconds do the top and base hold hands or release hands for 3 seconds?
- a. Hold
 - b. Release

Acro Level 4 Men's Mixed Pair

46. Is balance skill #1 done in an attitude or y-scale position by the top?
- a. Attitude
 - b. Y-scale

47. Is there a lift required for L4 MXP balance skill #3?
- a. Yes
 - b. No

48. Is Back Pike Over Head a MXP skill?
- a. Yes
 - b. No

49. Does the top start on the ground for dynamic skill #3?
- a. Yes
 - b. No

50. Is minimal or no flight acceptable for L4 MXP dynamic skills?
- a. Yes
 - b. No

Acro Level 4 Women's Group

51. Balance skill #2; can the middle assist the top to get into the handstand?
- a. Yes
 - b. No
52. For balance skill #3, are the bases standing or kneeling?
- a. Standing
 - b. Kneeling
53. Can dynamic skills #2, #3 & #4 be combined?
- a. Yes
 - b. No
54. Dynamic skill #1, is the top and middle positions interchangeable?
- a. Yes
 - b. No
55. Is balance skill #4 done in a straddle or gut lever by the top?
- a. Straddle
 - b. Gut lever

This course acts as elective credit for the School of Competitive: Acrobatic and School of Competitive: Group.

For additional information about USA Gymnastics University and requirements for certification please go to www.usagymnasticsuniversity.org