

6. Jumping Half-turns, right or left.

Start with feet together on first target and hands free. Jump, feet together, to second target while executing a half-turn right or left, ending on second target facing starting end. Jump to third target, executing another half-turn, rotating in same direction (as a barrel would be rolled along upright) ending on the third target facing the finish. Continue across mat, ending on finish target facing starting end.

7. Back Roll.

Perform in red lane. Start in front of red lane with back to the pattern. Execute two back rolls, one on each half of the lane.

8. Jumping Half-turns, right and left alternately.

Start as in (6) on first target. Jump with both feet, as in (6) to second target executing a half-turn either right or left. Jump, as in (6), to third target executing half-turn in the opposite direction. Continue across mat, alternating the direction of rotation, finishing as in (6).

9. Front and Back Roll Combination.

Perform in red lane. Start as in (5), facing red lane. Perform a front roll in the first half of the lane, finishing with legs crossed at ankles and executing a two-feet pivot turn right or left. Perform a back roll in the second half of the lane.

10. Jumping Full Turns.

Start outside of chart in front of first white space in either outside lane. Jump with feet together to first black space in same lane, executing a full turn with the body right or left. Continue across the mat, executing full turns, rotating in the same direction, being sure to land on both feet in the black spaces.

Scoring

Maximum score 100; 10 for each exercise. Minimum score, 0, for any exercise.

When a step, skip, or jump is made into any white or black square with one or both feet, feet must land entirely within the limits of that square. When a step, skip, or jump is made on to any target with one or both feet, feet must land touching the target, and not touching side lines or outside lanes. In the rolls, the subject must not