

LEVEL 1 : Summary

1 / NBT salute

2 a / Horizontal wrist twirl (RH to LH)

2 b / Horizontal wrist twirl (LH to RH)

3 a / Figure 8 (RH to LH)

3 b / Figure 8 (LH to RH)

4 / Horizontal Figure 8

5 / Two hands front twirl

6 a / Flourish RH

6 b / Flourish LH

7 a / Reverse Wheel RH

7 b / Forward wheel LH

8 / Figure 8 with whip (RH to LH)

9 / Pretzels-Swings

10 / Passes

11 a / Vertical fingers RH

11 b / Vertical fingers LH

12 a / Horizontal fingers RH

12 b / Horizontal fingers LH

13 a / Hand roll RH

13 b / Hand roll LH

14 a / Single open arm and elbow roll RH

14 b / Single open arm and elbow roll LH

15 a / Hand release grab catch

15 b / Hand release open hand catch

16 / Hand release RH to LH

17 / Vertical thumb toss RH to RH

18 / Vertical thumb toss RH to LH

19 / Horizontal toss RH

20 / Horizontal toss LH