



Skills, Strength & Knowledge required for Fire Band

Skill Requirements:

- Rolls
 - Front, Back & Side shoulder rolls.
- Crawling Movement
 - Quadruped/Crabcrawl
 - Floor monkey
 - Inchworm/Army Crawl
 - Floor turn
 - Gorilla Gallop
- Landings and Ukemi
 - 2 Point Landing (Motorcycle landing)
 - 4 Point Landing
 - Crane Catch
 - Bar Knee-Catch
 - Side Break Fall

Fitness requirements:

- 5 Proper push-ups (full range of motion)
- 1 pull-up (chest to bar from hanging)
- 30 second elbow plank (back straight)

Medicine Wheel aspects to know:

