



# Skills, Strength & Knowledge required for Wolf Band

## Skill Requirements:

- Rolls
  - Front, Back & Side shoulder rolls on an un-matted surface.
- Balance & Precision Jumps
  - Balance on one foot each for 10 seconds on bar.
  - Balance on 2 feet on bar for 10 seconds.
  - Walk along floor rails, Pivot on balls of feet, and then walk back.
  - Complete a 2 precision jumps on bars, do a 180 bar turn, and 2 more precisions back without falling off.
- Jumps and Take-Offs
  - Tuck jump over a 2 foot high obstacle
  - Box jump onto an obstacle that is thigh height
  - Complete a broad jump the length of your body.
- Aerial Awareness/tricks
  - Aúzinho
  - Macaco
  - Butterfly Kick (B-Kick)
- Wall
  - Hold Cat Hang for 10 Seconds

## Fitness requirements:

- 8 Proper push-ups (full range of motion)
- 5 pull-ups (chest to bar from hanging)
- 1 min elbow plank (back strait)
- 5 repeated Plyo jumps, floor to obstacle that is knee high minimum. (must be done safely)

## Medicine Wheel aspects to know:

