

# ATA FUNDAMENTALS LIST

BEGINNER I	BEGINNER II	ADV BEG I	ADV BEG II	INTERMEDIATE	ADVANCED
Attention & Salute	Backwards Figure 8 L&R	Blind Catch	Front Neck Roll	Rev.Vert. Finger Twirls L&R	3-turn+
Flat Spins L&R	Boxes L&R	Backhand Catch	Double Elbow Rolls	Rev. Hor. Finger Twirls L&R	Toss Illusion
Wrist Twirls L&R	Fake & Real Indian Clubs	Back Catch	Double Elbow Roll Extensions	Mouth Rolls	Toss Reverse Illusion
Arm Rolls	Whips L&R	Left Hand Catch	Mouth Roll	Front Neck Rolls	Cont. Elbows
Elbow Rolls	Waist Wrap	Vert. Finger Twirls L&R	1-turn Blind Catch	Fish Tail Carries L&R	Connected rolls
Waterfalls	Butterfly L&R	Horiz Finger Twirls L&R	1-turn Backhand Catch	3 Elbows	Double Illusion
Flashes L&R	Whirl Around L&R	Vertical 1-turn	1-turn Back Catch	Monster Roll	Multiple Baton
Neck Wrap	Thumb Flips (Continuous)	Horizontal 1-turn	1-turn Left hand Catch	2-turn Left hand Catch	
Backward Flashes L&R	Backhand Flips (Continuous)	Pitter Patters	Vertical 2-turn	2-turn Blind Catch	
Figure Eights L&R	Vertical Aerials	Fish Tails L&R	Horizontal 2-turn	2-turn Backhand Catch	
Front Spins	Horizontal Aerials	Elbow Extension	High Toss Bow	2-turn Back Catch	
Front Spin Body Pass	Arabesque L&R	Elbow Extension Trap	High Toss Fan Kick	2-turn Left hand Catch	
Front Spin Knee Pass	Chaine	Press Rolls	Attitude	Tour Jete	
Thumb Rolls	Jazz Run	Fan Kick L&R	Grande Jete	Cartwheel	
Bicycles	Petit Jete	Glissade	Illusions	Walkover	
Basic Marching	Pique	Hitch Kick L&R	Reverse Illusion	Developpe	
Chasse	Splits	Leg Extensions	Pirouette	Cabriole	
Kicks L&R	Step Ball Change w/ Pique	Pique Turns	Scissor Kicks	Attitude Turns	
Lunge L&R					
Step Ball Change					