

## The Classic 34 Full Mat Repertoire

Note: the level of difficulty indicated is a guideline only. Those marked with a \* are often considered controversial in some aspect and in may need modification if they are to be included in a general class.

1. The Hundred (Levels 1-5)
2. The Roll Up (Level 4)
3. The Roll Over\* (Level 4)
4. The One Leg Circle (Levels 2,3)
5. Rolling Back (Level 3)
6. The One Leg Stretch (Levels 2-4)
7. The Double Leg Stretch (Levels 3-4)
8. The Spine Stretch (Level 2)
9. Rocker with Open Legs (Level 4)
10. The Corkscrew\* (Level 5)
11. The Saw (Level 3)
12. The Swan Dive\* (Level 5)
13. One Leg Kick (Level 2)
14. The Double Kick (Level 3)
15. The Neck Pull\* (Level 4)
16. The Scissors (Level 4)
17. The Bicycle (Level 4)
18. The Shoulder Bridge (Level 4)
19. The Spine Twist (Level 1)
20. The Jack Knife\* (Level 5)
21. The Side Kick (Level 2)
22. The Teaser (Level 5)
23. The Hip Twist (Level 5)
24. Swimming (Level 3)
25. The Leg Pull Front (Level 3)
26. The Leg Pull (Level 4)
27. The Side Kick Kneeling (Level 3)
28. The Side Bend (Level 5)
29. The Boomerang (Level 5)
30. The Seal (Level 3)
31. The Crab\* (Level 5)
32. The Rocking\* (Level 4)
33. The Control Balance (Level 5)
34. The Push Up (Level 4/5)