

WORLD BATON TWIRLING FEDERATION		Horizontal Flips (HF)														
		Foundation Skills			Group A			Group B			Group C		Group D		Group E	
		1	2	3	1	2	3	1	2	3	1	2	1	2	1	2
SKILL PROGRESSIONS	HF.01	Horizontal wrist twirls (RH & LH): i) without footwork, ii) with footwork			i) TF-RH above head; ii) BH RH below waist	RH-BH below waist catch LH BH below waist	RH-BH below waist to LH BH below waist- with bodywork (Cleopatra preparation)						RH-BH below waist, one spin L with arms above head, catch LH BH below waist (Cleopatra)	RH-BH below waist, one spin R with arms above head, catch LH BH below waist (Reverse Cleopatra)		
	HF.02		Horizontal Fingertwirls (RH & LH): i) without footwork, ii) with footwork	LH release, 1/2 turn R, RH back catch	OH-LH to RH BH in back plane w/vision	OH LH to RH BH in back plane - no vision	OH-LH to RH BH in back plane - no vision and bodywork	RH 4-fingertwirl release in back plane, catch BH LH			TF-RH to LH (above head), LH BH (above head) to RH BH (below waist)	TF-RH (above head), 1/2 turn L, LH BH (below waist)	OH-LH in back plane, to RH PU catch in layback			
	HF.03						RH-BH around L leg fankick to RH PU	i) RH-BH around L leg fankick, catch LH BH; ii) LH release under L leg, catch RH BH facing back	RH-BH around L leg, catch RH PU inside R Leg		i) LH release under R leg in lunge, catch LH BH in back plane; ii) LH release at waist from behind back, 1/2 turn, catch RH at waist		RH-TF under L arm, LH slapcatch above R shoulder			
	HF.04										RH-TF from above head to RH straight arm BH catch - no vision	RH-TF from above head to RH BH catch (straight arm) - no vision - bodywork	TF RH under L arm to LH slapcatch	OH-LH to LH slapcatch		

WORLD BATON TWIRLING FEDERATION		Swings, Wraps, etc (SW)															
		Foundation Skills			Group A			Group B			Group C		Group D		Group E		
		1	2	3	1	2	3	1	2	3	1	2	1	2	1	2	
SKILL PROGRESSIONS	SW.01	Matched Hand Passes (horiz & vert)		Butterfly passes	Taffy Pulls/Slides (vert & horiz)		Belt slide (bending at waist or turning)	Three way swings									
	SW.02	Full vertical circles	RH to LH or LH to RH Vert low neckwrap		RH to LH or LH to RH vert high neckwrap			Vert RH to RH face throw	RH to LH and LH to RH face throw	i) RH to LH or LH to RH high neckwrap (straight arm); ii) RH to RH facethrow with slapcatch	LH to LH facethrow, 1/2 spin L, catch blind	LH to LH facethrow, 1+1/2 spin L, catch blind					
	SW.03	Horizontal wrist loops overhead	RH to LH or LH to RH Horizontal neckwraps		RH to RH horiz waist and leg wraps	i) RH horiz overhead loop, underarm loop, pass under R elbow to LH; ii) LH horiz loop over left arm (leaning right)	Horiz neckslaps: i) LH to LH; ii) LH to RH; iii) LH to RH BH with 1/2 turn R; iv) RH to RH; v) RH to RH BH with 1/2 turn L	RH horiz neck slide	i) LH to RH or RH to LH Horiz throat drop; ii) Two hand guillotine		RH horiz end release under R elbow, around neck, catch RH PU at R shoulder	RH horizontal neck wrap release, catch LH BH	RH Horiz end release in back plane catch RH PU at R side (arms straight)				
	SW.04	RH or LH vert full circle & wrist Loops		Vert full circle & wrist Loops-changing hands	Vert RH handroll with pull through	<i>Forward circle, grip change above head, to reverse direction</i>	RH vert reverse circle, hand roll pull down below waist to change direction	LH vert high loop, end release, catch RH BH	RH to LH or LH to RH vert under elbow release	RH to RH vert under R elbow release: i) catch RH BH; ii) catch LH blind; iii) LH slap catch	LH vert high end release, L inward arm circle, LH slapcatch	<i>LH Hip swing, cross over release to back plane</i>	<i>LH hip swing, cross over release to back plane, slap catch</i>				
	SW.05					RH Reverse flourish, inside hand release with change of direction, catch RH.	RH flourish inside hand release with change of direction, RH slap catch										
	SW.06							LH to RH vert throat drop	RH to LH or LH to RH vert head drops								
	SW.07				RH to RH vertical neck and arm slap	Vert shoulder wraps: i) RH to RH, ii) RH to LH BH, iii) LH to RH BH		RH to RH and LH to LH vertical thigh wrap		RH or LH vert shoulder wrap, catch RH PU with follow through L							

WORLD BATTON TWIRLING FEDERATION		Vertical Flips (VF)															
		Foundation Skills			Group A			Group B			Group C		Group D		Group E		
		1	2	3	1	2	3	1	2	3	1	2	1	2	1	2	
SKILL PROGRESSIONS	VF.01	RH & LH forward and reverse Figure 8s: i) no footwork, ii) with footwork	TF (RH & LH) BH (LH & RH)	TF (RH to LH & LH to RH) forward direction facing R side, then TF (RH to LH & LH to RH) reverse direction facing L side	TF RH to LH, with tap up, catch LH PU	TF - RH to LH with tap up from under R leg, catch LH PU	TF - RH to LH with tap up from above head, catch RH BH: i) feet together, ii) in L lunge										
	VF.02		RH & LH vertical fingertwirls: i) without footwork, ii) with footwork							TF - LH to RH with arms wrapped around body, standard catch	TF - LH under R arm, catch RH under L arm, PU						
	VF.03					TF -RH to LH or LH to RH, blind catch, with vision on release and reception	i) TF- RH with 1/2 half turn L, catch LH Blind; ii) TF- LH with 1/2 turn R, catch RH Blind	BH- LH 1/2 turn L, LH Blind catch; BH- RH with 1/2 turn R, catch RH blind	TF-RH in back plane LH catch PU with straight arm - No vision	i) BH-LH in back plane RH catch PU with straight arm - NO vision; ii) TF-RH in back plane LH catch PU with straight arm with bodywork - No vision	BH-LH (with vision) to RH blind						
	VF.04		TF-RH to RH BH catch	TF-RH to RH BH catch, in lunge	TF-RH to RH BH catch: i) L arabesque in plie, ii) R grande battement	TF-RH to RH BH catch, bending forward		TF- RH to RH BH, catch in R rev illusion			BH-RH catch in R rev illusion with release behind R leg catch RH PU		BH-RH catch in R rev illusion with release behind R leg, catch RH PU inside R rev illusion				
	VF.05					TF-RH catch RH BH inside R leg in R lunge	TF-RH catch RH BH inside R kick				TF-RH catch RH PU inside R leg in R rev illusion	TF-RH under L leg inward fan kick, 1/2 turn R, catch BH-RH under R leg with outward R leg fan kick	TF-RH under R leg outward fan kick, catch RH BH under R leg with outward R fan kick				
	VF.06				i) TF-RH to RH backcatch; ii) TF LH to LH backcatch	i) TF-RH to RH back catch with R chaine turn; ii) TF- LH to LH back catch with L chaine turn		TF-RH catch RH inside R leg with fwd R illusion	i) TF-RH catch RH in inside R leg in R cartwheel; ii) TH-RH catch LH inside L leg in L cartwheel		TF-RH catch RH inside R leg in front walkover	TF-RH catch RH BH inside R leg in front walkover					
	VF.07								Facing back: TF- RH to RH catch at right side of neck	i) TF-RH, 1/2 turn R, catch BH LH with straight arm; ii) BH-LH, 1/2 turn R, catch BH LH with straight arm							
	VF.08			TF-RH, full L inward arm circle, catch RH		TF-RH, LH slapcatch	TF-RH to LH slapcatch, with follow thru to R		Crossover toss: i) TF-RH to RH/Front to Back Plane; ii) TF- LH to LH/Back to Front plane	Cross over toss: TF- RH to RH slap catch in front plane	Cross over toss: TF-RH to RH with full R arm circle, RH slapcatch in front plane						
	VF.09						Facing back: TF- RH at R side front plane, look over L shoulder, catch RH Back catch (Flashback)	Facing back: TF- RH in to RH backcatch (flashback) with full L arm circle	Facing back, TF- RH in front plane, 1/2 turn L, LH slap catch	Facing back, TF- RH in front plane, one spin L, RH back catch (flashback with spin)		Facing back, TF-R in front plane, one spin L, LH slap catch					
	VF.10	OH-RH to LH and OH-LH to RH (catch PU)		OH-RH under R leg catch LH PU; O- LH under L leg catch RH PU	OH-RH, catch RH BH		OH-LH flip under L arm in back plane catch RH blind	Facing back: OH- RH from behind back to front plane, catch RH PU	Facing back: OH- RH from behind back, to front plane, catch RH PU in L Lunge	OH-RH from behind back, one spin L, catch RH PU		OH-RH behind the back in back plane, one spin L, catch LH back catch					