

## Canadian Baton Twirling Federation La Fédération Canadienne De Báton Sportif

## Orange Badge

Athlete Date	
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			✓ Good ( ) Needs Attention	
FULL HAND  V. Rev Fig 8, RH + LH  H. Wrist Loops Overhead	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	<ul> <li>Exceeds Expectations</li> <li>Meets Expectations</li> <li>Developing</li> <li>Not Yet</li> </ul>	
CONTACT V. Two Hand Twirls (Pivots) V. Low Neck Wrap V. Thumb Roll	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	<ul> <li>Exceeds Expectations</li> <li>Meets Expectations</li> <li>Developing</li> <li>Not Yet</li> </ul>	
ROLLS V. Fwd/Rev Hand Rolls (Pivot) V. Upper Arm Roll	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control Tracking / Rolling Action	<ul><li>Exceeds Expectations</li><li>Meets Expectations</li><li>Developing</li><li>Not Yet</li></ul>	
STRETCH & STRENGTH  Tendu and Raise Leg (S)  Demo: Square Pre-Split  Demo: Butterfly, Forward Stretch	Clarity Control Posture Alignment	Body Lines Flexibility Strength	<ul> <li>Exceeds Expectations</li> <li>Meets Expectations</li> <li>Developing</li> <li>Not Yet</li> </ul>	
POSITION/BALANCE Lunge in 2 <sup>nd</sup> w/ Step and Slide Step to 2 <sup>nd</sup> , Point to Front (M) Feet: Ballet 4 <sup>th</sup> , Jazz 4 <sup>th</sup>	Clarity Control Posture Alignment	Balance Coordination Body Lines Use of Plié	<ul> <li>Exceeds Expectations</li> <li>Meets Expectations</li> <li>Developing</li> <li>Not Yet</li> </ul>	
<b>ELEVATION</b> Gallops to Side Jump Combo: Rotation/Orientation	Clarity Control Posture Alignment	Elevation Coordination / Timing Body Lines Use of Plié	<ul><li>Exceeds Expectations</li><li>Meets Expectations</li><li>Developing</li><li>Not Yet</li></ul>	
TRAVEL/COMBO  Marching in a Square  Walking Pas de Bourrée w/o Turn  Step Together, Step Touch	Clarity Control Posture Alignment	Coordination / Timing Body Lines Use of Plié	<ul><li>Exceeds Expectations</li><li>Meets Expectations</li><li>Developing</li><li>Not Yet</li></ul>	
PERFORMANCE	Confidence Start / End Position Professionalism	Appearance Consistency Proficiency	<ul> <li>Exceeds Expectations</li> <li>Meets Expectations</li> <li>Developing</li> <li>Not Yet</li> </ul>	
Overall Comments				
Drops Breaks/Slips Off Pattern		Final Grade		
Loss of Balance  Retry Element		Adjud	icator	