



TECHNICAL TEST

Updated October 2010

Article 745 TECHNICAL TEST INDIVIDUAL 2*

745.3 The exercises are described in Guidelines (VII 1.-5.) for Judges.

1. JUMP FORCE

Shoot-up Mount

2. TIMING/COORDINATION

Roll forward from the croup to seat forward on the neck - *new*

3. SUPPLENESS

Stand Split

4. BALANCE

Sideways Stand

5. STRENGTH

Push up rear ways