Canadian Baton Twirling Federation
La Fédération Canadienne De Báton Sportif

Green Badge

Athlete _____ Date _____

✓ Good   ◯ Needs Attention

SWINGS/WRAPS/SLAPS V. Taffy Pull w/ Turn H. Taffy Pull w/ Turn	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
CONTACT V. Fwd Flourish Whip V. Rev Flourish Whip H. Two Hand Twirl	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
ROLLS V. Elbow Extension Rolls V. One Fishtail	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control Tracking / Rolling Action	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
AERIALS V. Thumb Flip, Backhand Catch V. One Spin, turning L	Grip Pattern Plane Direction	Coordination / Timing Smoothness Control Placement	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
STRETCH & STRENGTH Tabletop Hold – 30 Sec Shoulder Stretch – Touching Demo: Bridge	Clarity Control Posture Alignment	Body Lines Flexibility Strength	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
POSITION/BALANCE Transfer of Weight w/ Pivot, Tendu Derriere Tendu & Lift to Second Fondu and Relevé Exercise	Clarity Control Posture Alignment	Balance Coordination Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
ELEVATION Ponies Jazz Pas de Chat (Jumping Chaîné)	Clarity Control Posture Alignment	Elevation Coordination / Timing Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
TRAVEL/COMBO Step Hop in Retiré, Chassé Chaîné, Jazz Rock	Clarity Control Posture Alignment	Coordination / Timing Body Lines Use of Plié	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet
PERFORMANCE	Confidence Start / End Position Professionalism	Appearance Consistency Proficiency	☐ Exceeds Expectations ☐ Meets Expectations ☐ Developing ☐ Not Yet

Overall Comments

Drops									
Breaks/Slips									
Off Pattern									
Loss of Balance									
Retry Element									

Final Grade [   ]

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Adjudicator