

# Oregon Baton Council

## 1-Baton Trick Meet

### LEVEL 1

1. **Wrist twist** (out in front, straight arm)
2. **Figure 8** (in your favorite hand)
3. **Arm slide catch** (no toss)
4. **Balance** baton anywhere on your body
5. **Rainbow toss** (lunging from side to side)

### LEVEL 2

1. LH **Figure 8**
2. RH **Flat twirl** (Horizontal twirl, counter clockwise)
3. RH **End swing** (In front of tummy)
4. LH **Dead stick tosses** (do 5, toss about 3" up)
5. RH **Wrist twirl** (Down at your side)

### LEVEL 3

1. LH **Wrist twirl** (down at your side)
2. RH **Figure 8**
3. LH **Flat twirl** (Horizontal twirl, counter clockwise)
4. RH **Reverse figure-8**
5. **Front 2-hand back pass**

### LEVEL 4

1. RH **Whip** (figure 8, then loop behind)
2. LH **Reverse 8**
3. LH **Reverse front 2-hand** to RH back pass
4. LH **Horizontal figure-8** (forward position)
5. L **Elbow roll, catch RH** (1/2 revolution. Example: if you start thumb-to-ball, you catch thumb-to-tip)

## LEVEL 5

1. **Rev. cartwheel** (RH front 2-hand on R side, then pull to L side; LH front 2-hand on L side, then pull to R side)
2. **RH Horizontal reverse-8** ("over-under")
3. **LH Reverse whip** (reverse 8, loop behind back)
4. **RH Figure 8, two-finger** (vertical)
5. **RH Figure 8 handrolls** (forward)

## LEVEL 6

1. **RH Horizontal 2-finger** (from RH horizontal reverse-8))
2. **LH Horizontal 2-finger** (from LH horizontal figure-8 in forward direction)
3. **RH Thumb flip** (1 revolution, catch LH, reverse 8 pack pass)
4. **L Elbow wrist roll**, catch LH & pack-pass to RH  
**LH Whip** (figure-8, loop behind back)

## LEVEL 7

1. **RH flat twirl**. RH slide to end. Neck wrap RH to LH. Horizontal/flat toss LH to RH. Repeat.
2. **RH whip**, RH thumb toss; one spin to L, follow through with reverse-8, flourish and repeat
3. **Reverse cartwheel thumb flips** (1 revolution)
4. **LH reverse figure-8 to L side**. 4-finger in front of tummy (roll over fingers). Repeat.
5. **Reverse R elbow roll**, catch LH (1/2 revolution. Example: if you start thumb-to-ball, you catch thumb-to-tip)

*For detailed instructions and videos of each level, visit:*

<http://www.oregonbaton.org/trick-meet-videos.html>