

Twirler: _____

3-Baton Trick Meet Level 1: One and Two Scarves (all tosses and catches palm down)

	score
<p><u>1. Palm down release and catch with one scarf</u> Description: Toss RH, catch RH, repeat. Toss LH, catch LH. repeat.</p>	
<p><u>2. Palm down release and catch with one scarf, crossing.</u> Description: Toss RH, catch LH, Toss LH, catch RH, repeat.</p>	
<p><u>3. Crossing tosses with two scarves and dropping scarves</u> Description: Toss RH to left side, toss LH to right side let each scarf drop by the opposite foot of the releasing hand. Repeat by starting with LH toss.</p>	
<p><u>4. Double simultaneous toss and Double simultaneous catch</u> Description: toss both scarves at the same time in a column (straight up and down, not crossing) and catch both scarves at the same time.</p>	

3-Baton Trick Meet Level 2: Two and Three Scarves (all tosses and catches palm down)

	score
<p><u>1. Crossing tosses with one catch in left hand "Toss, toss, catch, drop"</u> Description: Start RH toss crossing to left side LH toss to right side, Catch the RH toss in LH Let the LH toss drop at right foot.</p>	
<p><u>2. Crossing tosses with one catch in right hand "Toss, toss, catch, drop"</u> Description: Start LH toss crossing to right side, RH toss crossing to left side, Catch the LH toss in RH, Let the RH toss drop at left foot.</p>	
<p><u>3. Crossing tosses with two scarves (no cross on catch) "Toss, toss, catch, catch"</u> Description: RH toss, LH toss (crossing). Catch RH toss with LH and Catch LH toss with RH.</p>	
<p><u>4. Crossing tosses with two scarves (same as # 3 but start LH) "Toss, toss, catch, catch"</u> Description: LH toss, RH toss (crossing). Catch LH toss with RH Catch RH toss with LH</p>	
<p><u>5. Juggling with three scarves.</u> Description: Start with two scarves in RH and one in LH. Toss RH, then LH, executing six (6) consecutive cross tosses and catches.</p>	

Twirler: _____

3-Baton Trick Meet Level 3: One and Two Balls (all tosses from belly, and palm up catches)

score

<p>1. Tosses with one ball (straight up and down) Description: Toss RH, catch RH. Repeat. Toss LH, catch LH, repeat.</p>	
<p>2. Toss and catch with one ball, <i>crossing</i>. Description: Toss RH, catch LH, toss LH, catch RH, repeat.</p>	
<p>3. Crossing tosses with two balls and dropping balls Description: Toss RH to left side, toss LH to right side let each ball drop by the opposite foot of the releasing hand. Repeat by starting with LH toss.</p>	
<p>4. Double simultaneous toss and Double simultaneous catch –Two balls Description: toss both balls at the same time in a column (straight up and down, not crossing) and catch both balls at the same time.</p>	

3-Baton Trick Meet Level 4: Two and Three Balls (all tosses from belly, and palm up catches)

score

<p>1. Cross tosses with two balls and one catch in LH Description: Start RH toss crossing to left side LH toss to right side, Catch the RH toss in LH Let the LH toss drop at right foot.</p>	
<p>2. Cross tosses with two balls, and one catch in right hand Description: Start LH toss crossing to right side, RH toss crossing to left side, Catch the LH toss in RH, Let the RH toss drop at left foot.</p>	
<p>3. Crossing tosses with two balls (no cross on catch) “Toss, toss, catch, catch” Description: RH toss, LH toss (crossing). Catch RH toss with LH and Catch LH toss with RH.</p>	
<p>4. Crossing tosses with two balls (same as # 3 but start LH) “Toss, toss, catch, catch” Description: LH toss, RH toss (crossing). Catch LH toss with RH Catch RH toss with LH</p>	
<p>5. Juggles with three balls Description: Starting with two balls in RH and one in LH. Toss RH, then LH, executing six (6) consecutive cross tosses and catches.</p>	

Twirler: _____

3-Baton Trick Meet Level 5: One Baton

	score
<p>1. One baton pendulums with outside loop Description: Start with RH outside loop, toss RH across body, catch in LH. Outside loop with LH, toss LH across body, catch RH. Repeat.</p>	
<p>2. Right hand 2-3 revolution thumb toss catch LH turning right in a square (box). Description: RH Thumb toss facing front, catch LH facing R side. Matched hand Pass at belly to RH while still facing R side. Repeat to right side, back, and left side for a total of four (4) tosses. Note: Do the appropriate ¼ turn to right and <i>then</i> catch left hand.</p>	
<p>3. LH flat tosses catch RH turning left in a circle Description: Face front and toss LH flat toss to RH, matched hand pass between chest and shoulder high to LH. Turn to approximate left side, back, right side for a total of four (4) tosses.</p>	
<p>4. Bowling pins with one reverse outside loop Description: Face front. Start with right outside loop toss to LH, LH outside loop, toss to RH.</p>	
<p>5. Crescent tosses from left hand Description: Reverse loop behind at left side, toss open hand across body to catch RH, pass to LH low. Repeat, executing four (4) tosses.</p>	

3-Baton Trick Meet Level 6: Two Batons

	score
<p>1. Pendulums with 2 batons with outside loops at finish Description: Flourish RH, flourish LH, toss RH across body, toss LH across body, catch LH, then catch RH. Finish with LH loop, and RH loop. Repeat starting with LH.</p>	
<p>2. RH thumb 2-3 revolution toss in a box with 2 batons Description: Start at front. RH thumb toss. Matched hand pass from left to right & catch toss in LH facing right side. Repeating the thumb toss to right side, back, and left side for a total of four (4) tosses.</p>	
<p>3. LH flat 2-3 revolution tosses in a circle with 2 batons Description: LH flat toss. Matched hand pass* (shoulder high from RH to LH) & catch flat toss in RH. Turn left repeating each to approx. L side, back, & R side for a total of 4 tosses.*Ok if passes are chest high. Not lower.</p>	
<p>4. Bowling pins with two batons (loops optional for higher score) Description: Face front. Toss RH to L side, toss LH to R side. Catch LH then RH. Repeat starting with LH.</p>	
<p>5. Crescents with 2 batons (loops optional for higher score) Description: RH forward loop, LH reverse outside loop, toss LH open hand over, toss RH open hand under. Catch RH, then LH. Loop at end of each catch. Repeat starting with RH under and then LH over (exact same - this is NOT reversed)</p>	

3-Baton Trick Meet Level 7: Juggling with 3 batons

	score
<p>1. Pendulums with 3 batons (optional loops for higher scores) Description: Start with 2 batons in RH & 1 in LH. Toss RH, LH, RH, LH. Goal to catch all batons but is okay to drop the last LH toss at feet.</p>	
<p>2. Vertical Box with 3 batons Description: Start with 2 batons in LH & 1 baton in RH. RH Thumb toss, pass LH to RH, toss RH thumb toss at right side, pass LH to RH, catch first toss in LH, turn to R side & RH toss at back, and pass LH to RH, catch second toss in LH. Okay to drop third toss. Total of three (3) tosses. Repeat one more time starting at back.</p>	
<p>3. Flat Showers with 3 batons Description: Start with 1 baton in LH & 2 batons in RH. LH flat toss. R to L matched hand pass at front, toss LH flat toss at left side, matched hand pass & turn to left side, catch first toss in RH. LH flat toss at back, matched hand pass, catch RH. Pass RH to LH while turning to back and catch last flat toss in RH. Okay to drop third toss. Total of three (3) tosses. Repeat one more time starting at back.</p>	
<p>4. Bowling pins with 3 batons (loops optional for higher score) Description: Face front. Start with two batons in RH & one baton in LH. RH reverse loop, LH reverse loop. Toss RH to L, then <u>toss</u> LH to R, Catch first toss. Then <u>toss</u> RH. Okay to drop last RH toss. Total of three (3) tosses. Repeat.</p>	
<p>5. Crescents with 3 batons (loops optional for higher score) Description: Start with 2 batons in RH & 1 baton in LH. RH forward loop and LH reverse outside loop. <u>Toss</u> RH under. LH open hand <u>toss</u> over top. Repeat the pattern; RH <u>toss</u> under, then LH open hand <u>toss</u> over the top. Last LH toss is okay to drop. Total of four (4) tosses.</p>	

3-Baton Trick Meet Level 8: 3 Batons

	score
<p>1. Pendulum (loops optional for higher scores) Description: Start with loops. Toss RH first and do six (6) consecutive tosses catching all batons. Pass and finish with 2 batons in LH, catching last toss with RH</p>	
<p>2. Vertical box Description: Start at front and turn to the right. Do four (4) tosses completing the box. Pass and finish with 2 batons in RH catching last toss in LH.</p>	
<p>3. Flat Showers Description: Start at front, turn to left with fours (4) tosses turning in circle. Pass and finish with 2 batons in LH, catching last toss with RH</p>	
<p>4. Bowling pins (loops optional for higher scores) Description: Face front. Begin with reverse loops, toss RH first and do six (6) consecutive tosses. Pass and finish with 2 batons in LH, catching last toss with RH.</p>	
<p>5. Crescents (loops optional for higher scores) Description: Loop RH then LH, toss RH first and do 6 tosses. Collect two batons in LH and catch last toss in RH.</p>	