

Oregon Baton Council

1-Baton Trick Meet

LEVEL 1 (formerly "Intro to Trick Meet")

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 (formerly "Base" level)

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 (formerly "Level 1")

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 (formerly "Level 2")

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 (formerly "Level 3")

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 (formerly "Level 4")

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
5. **LH Whip** (figure-8, loop behind back)

LEVEL 7 (formerly "Level 5")

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)