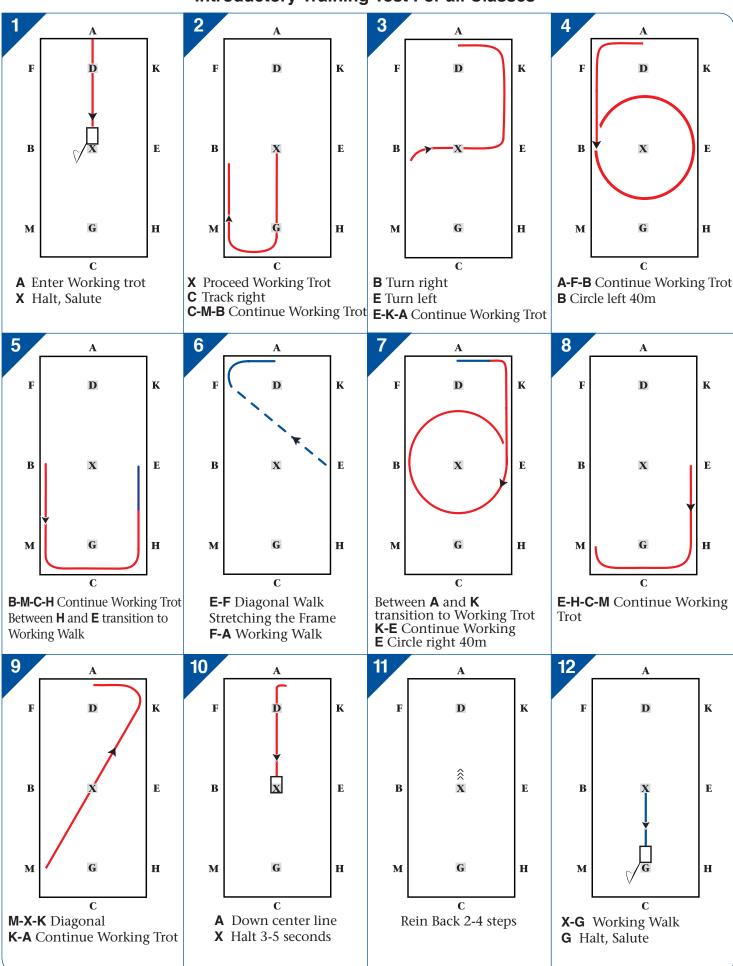
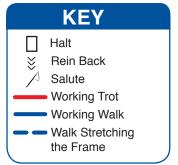


Training Level B - 80m Judges View From C Introductory Training Test For all Classes





The purpose of ADS Training Level Tests is to demonstrate the correct foundation of training is being established: Rhythm, Relaxation, and Contact. Transitions to the Halt should be made through the Walk. Balance, Straightness, Lateral Bend and Longitudinal Stretch should be demonstrated.