

CHILDREN'S CALISTHENICS — 2025 ASO SLET

By Sis. Sydney Bowden and Sis. Megan Pech

Fundamental Position:

Closefeet stand - closearm - head upright.

Fundamental Formation:

Files as many as needed (numbered 1, 2). Ranks as many as needed on markers at free interval. Gymnasts can be intermixed (boys and girls). No vacant markers between rows or columns. (Diagram attached).

Music:

Part I: "Under Pressure" by Queen ft. David Bowie

74 measures at 4/4 tempo

Part II: "I'm Still Standing" by Elton John

59 measures at 4/4 tempo

PART I — 74 measures 4/4 tempo

- | | | |
|--------------------|-----|---|
| I | 1-4 | Hold; |
| II | 1 | Flex closearm, hands in fists, palms up; |
| | 2 | Extend downward, snap fingers; |
| | 3 | Flex closearm, hands in fists, palms up; |
| | 4 | Extend downward, snap fingers; |
| III | 1 | L forestride - flex closearm, hands in fists, palms up; |
| | 2 | Extend downward, snap fingers; |
| | 3 | R forestride - flex closearm, hands in fists, palms up; |
| | 4 | Extend downward, snap fingers; |
| IV | 1-4 | Repeat III; |
| <u>ONES</u> | | |
| V | 1 | Draw L to closefeet stand - closearm; |
| | 2-4 | Hold; |
| VI | 1 | Sidearm, palms down; |
| | 2 | Hold; |
| | 3 | Flex sidearm, palms down, fingers touching shoulders; |
| | 4 | Hold; |

VII	1	Extend sideward, palms down;
	2	Hold;
	3	Frontarm, palms down;
	4	Hold;
VIII	1	Closearm;
	2-4	Hold;
IX	1	Support squatting;
	2-4	Hold;
X-XI	1-8	Repeat VI-VII;
XII	1	Closearm;
	2	Hold;
	3	Rise;
	4	Hold;
XIII	1	L sidestride, halfsquat;
	2	Hold;
	3	Draw R to closefeet stand;
	4	Hold;
XIV	1-4	Repeat XIII;
XV	1	R sidestride, halfsquat;
	2	Hold;
	3	Draw L to closefeet stand;
	4	Hold;
XVI	1-4	Repeat XV;
<u>TWOS</u>		
V	1	Support squatting;
	2-4	Hold;
VI	1	Sidarm, palms down;
	2	Hold;
	3	Sidarm bent, palms down, fingers touching shoulders;
	4	Hold;

VII	1	Extend to sidearm, palms down;
	2	Hold;
	3	Frontarm, palms down;
	4	Hold;
VIII	1	Closearm;
	2-4	Hold;
IX	1	Jump to Closefeet stand;
	2-4	Hold;
X-XI	1-8	Repeat VI-VII
XII	1	Closearm;
	2-4	Hold;
XIII	1	R sidestride, halfsquat;
	2	Hold;
	3	Draw L to closefeet stand;
	4	Hold;
XIV	1-4	Repeat XIII
XV	1	L sidestride, halfsquat;
	2	Hold;
	3	Draw R to closefeet stand;
	4	Hold;
XVI	1-4	Repeat XV;
<u>ALL</u>		
XVII	1-4	90° turn L - run forward, starting with L foot (4 steps, 1 step per count);
XVIII	1-4	Repeat XVII;
XIX	1-4	Repeat XVII;
XX	1-4	Repeat XVII;
XXI	1	Jump to L forestride - sidearm, palms down;
	2	Hold;
	3	Jump to R forestride - uparm, palms in;
	4	Hold;

- XXII 1 Jump to L forestride - sidearm, palms down;
 2 Hold;
 3 Jump to closefeet stand - closearm;
 4 Hold;
- XXIII 1 Support squatting;
 2 Hold;
 3 Rise to L sidetouch, uparm through frontarm, palms in;
 4 Hold;
- XXIV 1 Support squatting - closearm through frontarm;
 2 Hold;
 3 Rise to R sidetouch - uparm through frontarm, palms in;
 4 Hold;
- XXV 1-4 Draw R to closefeet stand - closearm through frontarm, palms in;
- XXVI 1 L forestep
 2 Hold;
 3 180° turn to R on toes to R forestep;
 4 Hold;
- XXVII 1-4 Repeat XXVI;
- XXVIII 1 Draw L to closefeet stand;
 2-4 Hold;
- XXIX 1-2 Frontbow;
 3-4 Hold;
- XXX-XXXI 1-8 Upright;
 1 Flex L closearm, palm in;
 2 Hold;
 3 Extend L downward - flex R closearm, palm in;
 4 Hold;
- 1 Flex L closearm, palm in - extend R downward;
 2 Hold;
 3 Extend L downward - flex R closearm, palm in;
 4 Hold;

- XXXII 1 Closefeet toestand - extend R downward;
AND Closefeet stand;
 2 Closefeet toestand;
AND Closefeet stand;
 3 Closefeet toestand;
AND Closefeet stand;
 4 Closefeet toestand;
AND Closefeet stand;
- XXXIII 1-4 Rearbow;
- XXXIV-XXXV 1-8 Trunk circle L;
- XXXVI 1-4 Upright;
- XXXVII 1 Head frontbow;
AND Head upright;
 2 Head frontbow;
AND Head upright;
 3 Head frontbow;
AND Head upright;
 4 Head frontbow;
AND Head upright;
- XXXVIII 1-4 Repeat XXXVII;
- XXXIX 1 Moderate halfsquat;
 2 Hold;
 3 Halfsquat;
 4 Hold
- XL 1 Moderate squat;
 2 Hold;
 3 Support squat;
 4 Hold;
- XLI 1 Jump astride - uparm outward through frontarm, palms front;
 2-4 Hold;
- XLII 1-4 Draw L to closefeet stand - closearm through frontarm;

(Move to Formation A)

ONES

XLIII 1-4 Walk forward (half marker), starting with L foot (4 steps, 1 step per count);

XLIV 1-4 March in place, starting with L foot (4 steps, 1 step per count);

TWOS

XLIII-XLIV 1-8 March in place, starting with L foot (8 steps, 1 step per count);

ALL

XLV 1 L side lunge, sidearm;
2 Hold;
3 Counter;
4 Hold;

XLVI 1 Counter;
2 Hold;
3 Counter
4 Hold;

XLVII 1-4 Repeat XLVI

XLVIII 1 Counter;
2 Hold;
3 Draw L to closefeet stand; closearm;
4 Hold;

XLIX 1 L foretouch;
2 Hold;
3 L sidetouch;
4 Hold;

L 1 L reartouch;
2 Hold;
3 Draw L to closefeet stand;
4 Hold;

LI 1 R foretouch;
2 Hold;
3 R sidetouch;
4 Hold;

- | | | |
|------------|-----|--|
| LII | 1 | R reartouch; |
| | 2 | Hold; |
| | 3 | Draw R to closefeet stand; |
| | 4 | Hold; |
| LIII | 1 | L foretouch - L frontarm downslant, palm down; |
| | 2 | Hold; |
| | 3 | L sidetouch - L sidearm downslant, palm down; |
| | 4 | Hold; |
| LIV | 1 | L reartouch - L reararm, palm up; |
| | 2 | Hold; |
| | 3 | Draw L to closefeet stand - closearm; |
| | 4 | Hold; |
| LV | 1 | R foretouch - R frontarm downslant, palm down; |
| | 2 | Hold; |
| | 3 | R sidetouch - R sidearm downslant, palm down; |
| | 4 | Hold; |
| LVI | 1 | R reartouch - R reararm, palm up; |
| | 2 | Hold; |
| | 3 | Draw R to closefeet stand - closearm; |
| | 4 | Hold; |
| LVII-LVIII | 1-8 | Circle inward; |

(Return to Fundamental Formation)

Ones

- | | | |
|------|-----|---|
| LIX | 1-4 | March backward (half marker), starting with L foot (4 steps, 1 step per count); |
| LX | 1-4 | March in place, starting with L foot (4 steps, 1 step per count); |
| LXI | 1 | Uparm outward, palms front; |
| | 2 | Hold; |
| | 3 | Sidearm downslant, palms back; |
| | 4 | Hold; |
| LXII | 1-4 | Repeat LXI; |

Twos

LIX-LX 1-8 March in place, starting with L foot (8 steps, 1 step per count);

LXI 1 Sidearm downslant, palms back;
2 Hold;
3 Uparm outward, palms front;
4 Hold;

LXII 1-4 Repeat LVII

All

LXIII 1 Sidearm, palms down;
2 Hold;
3 Flex sidearm, hands in front of shoulders;
4 Hold;

LXIV 1-4 Repeat LIX;

LXV 1-4 Flank horizontal figure 8 fore-downward;

LXVI 1-4 Repeat LXI;

LXVII-LXVIII 1-8 Thrust downward;

ONES

LXIX 1-4 Support squatting;

LXX-LXXI 1-8 Hold;

TWOS

LXIX-LXX 1-8 Hold;

LXXI 1-4 Support squatting;

ALL

LXXII 1-4 Hold;

LXXIII 1-4 Head frontbow;

LXXIV 1- Hold;

PART II — 59 measures 4/4 tempo
(I'm Still Standing - Elton John)

ONES

I-II 1-8 Rise - head upright;

III-IV 1-8 Hold;

TWOS

I-II 1-8 Hold;

III-IV 1-8 Rise - head upright;

ALL

V 1 L side lunge - R sidearm downslant, palm down - L uparm outward, palm down;
2 R uparm outward, palm down - L sidearm downslant, palm down;
3 R sidearm downslant, palm down - L uparm outward, palm down;
4 Draw L to closefeet stand - closearm;

VI 1 R sidelunge - R uparm outward, palm down - L sidearm downslant, palm down
2 R sidearm downslant, palm down - L uparm outward, palm down;
3 R uparm outward, palm down - L sidearm downslant, palm down;
4 Draw R to closefeet stand - closearm;

VII 1 Support squatting;
2 Hold;
3 Jump to support lying;
4 Hold;

VIII 1 L sidetouch;
2 Draw L to closefeet support lying;
3 R sidetouch;
4 Draw R to closefeet support lying;

IX 1 Jump astride;
2 Jump to closefeet support lying;
3 Jump astride;
4 Jump to closefeet support lying;

X 1 Jump to support squatting;
2 Hold;
3 Rise - closearm;
4 Hold;

- | | | |
|-------|-----|--|
| XI | 1 | L sidelunge - sidearm, palms down; |
| | 2 | Draw L to closefeet stand - uparm, palms in; |
| | 3 | R sidelunge - sidearm, palms down; |
| | 4 | Draw R to closefeet stand - closearm; |
| XII | 1 | R sidelunge - sidearm, palms down; |
| | 2 | Draw R to closefeet stand - uparm, palms in; |
| | 3 | L sidelunge - sidearm, palms down; |
| | 4 | Draw L to closefeet stand - closearm; |
| XIII | 1 | Jump astride - sidearm, palms down; |
| | 2 | Hold |
| | 3 | Jump to closefeet stand - uparm, palms in; |
| | 4 | Hold |
| XIV | 1 | Jump astride - sidearm, palms down; |
| | 2 | Hold; |
| | 3 | Jump to closefeet stand - closearm; |
| | 4 | Hold; |
| XV | 1-4 | Walk forward, starting with L foot (4 steps, 1 step per count) - arc upward to uparm, palms in; |
| XVI | 1-4 | Walk backward, starting with L foot (4 steps, 1 step per count) to closefeet stand - arc downward to closearm; |
| XVII | 1-4 | Circle inward; |
| XVIII | 1 | Flex L closeleg outward; |
| | AND | Extend downward; |
| | 2 | Flex R closeleg outward; |
| | AND | Extend downward; |
| | 3 | Flex L closeleg outward; |
| | AND | Extend downward; |
| | 4 | Flex R closeleg outward; |
| | AND | Extend downward; |
| XIX | 1-4 | Walk backward, starting with L foot (4 steps, 1 step per count) - arc upward to uparm, palms in; |
| XX | 1-4 | Walk forward, starting with L foot (4 steps, 1 step per count) to closefeet stand - arc downward to closearm; |

- | | | |
|----------|-----|---|
| XXI | 1-4 | Circle rearward to L; |
| | 1-2 | 45° trunk twist to L; |
| | 3-4 | Return to front; |
| XXII | 1-4 | Circle rearward to R; |
| | 1-2 | 45° trunk twist to R; |
| | 3-4 | Return to front; |
| XXIII | 1 | Jump astride - uparm outward, palms front; |
| | 2 | Hold; |
| | 3 | Sidearm, palms down; |
| | 4 | Sidearm downslant, palms down; |
| XXIV | 1 | Jump to closefeet stand - closearm; |
| | 2-4 | Hold; |
| XXV-XXVI | 1-8 | Repeat XXIII-XXIV; |
| XXVII | 1 | L forelunge - L frontarm, palm down; |
| | 2 | Draw L to closefeet stand - L uparm, palm front - head rearbow; |
| | 3 | L sidearm, palm down - head upright, twist 90° L; |
| | 4 | Closearm - head return to front; |
| XXVIII | 1 | R forelunge - R frontarm, palm down; |
| | 2 | Draw R to closefeet stand - R uparm, palm front - head rearbow; |
| | 3 | R sidearm, palm down - head upright, twist 90° R; |
| | 4 | Closearm - head return to front; |

(Move to Formation B)

ONES

- | | | |
|------|-----|---|
| XXIX | 1-4 | March in place, starting with L foot (4 steps, 1 step per count); |
| XXX | 1-4 | Repeat XXIX; |

TWOS

- | | | |
|------|-----|---|
| XXIX | 1 | 135° turn R, L marching forestep; |
| | 2 | R marching forestep; |
| | 3 | L marching forestep; |
| | 4 | R marching forestep; |
| XXX | 1-2 | 135° turn R, march in place, starting with L foot (2 steps, 1 step per count) |
| | 3-4 | March in place, starting with L foot (2 steps, 1 step per count); |

ALL

XXXI	1-4	March in place, starting with L foot (2 steps, 1 step per count);
XXXII-ILIII	1-8	Repeat XV-XXVI;
LIV-LV	1-8	Repeat XXIII-XXIV;
LVI-LVII	1-8	Repeat XXIII-XXIV;
LVIII-LIX	1 2-8	Jump astride - uparm outward, palms front; Hold.

FORMATION DIAGRAMS

Fundamental Formation:

1	2	1	2
1	2	1	2
1	2	1	2
1	2	1	2

Formation A:

1		1	
	2		2
1		1	
	2		2
1		1	
	2		2
1		1	
	2		2

Formation B:

1		1	
2		2	
1		1	
2		2	
1		1	
2		2	
1		1	
2		2	