



	Skill	Demonstrate	Test	Proficiency
1	Mounting			
2	Dismounting			
3	Braking			
4	Emergency Braking			
5	Cornering			
6	Straight Line Riding			
7	Tight Turns			
8	Slow Race			
9	Circles			
10	Kick Bottle			
11	Contact			
12	Gearing			
13	Gearing and Cadence			
14	Front Wheel Lift			
15	Rear Wheel lift			
16	Obstacle Hop			
17	Hill Climbing Seated			
18	Descending			
19	Slalom			
20	Offset Slalom			
21	Figure 8's			
22	Look Back			
23	Paceline			
24	Rotating Paceline			
25	Bumping			
26	Double Echelon			
27	Double Paceline			
28	Pick up Object			
29	Drop off			
30	Heel Grab			
31	Bottle Pick up			