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													<b>FLEXI-BOUNCE THERAPY EXERCISES</b>  <b>PROFICIENCY GRADE 2 Continued</b>
													<b>SECTION D</b>
													17. Run on spot in centre
													18. Run on spot in centre –knee slapping
													19. Run on spot in centre – cross-over knee slapping (right hand to left knee, left hand to right knee)
													20. Run on spot – low crossover (right hand to left leg, left hand to right leg, reaching below the knee with leg straight)
													HFI Total for Section D (if used)
													<b>SECTION E</b>
													21. Half kneeling – hand support from trainer on floor – other trainer pop to stand to stillness
													22. As above - able to perform right and left knee up
													23. High kneeling – hand support from trainer on floor – other trainer pop to stand to stillness
													24. Half kneeling - swimming arms to stand to stillness
													25. Half kneeling - swimming arms to stand to stillness. Able to perform right and left knee up
													26. Back bouncing
													HFI Total for Section E (if used)
													HFI Total of all Sections (if used)
													Date grade passed