

BTR LEVEL 1 CERTIFICATION		
	access here-	btrbreakin.com/c1
MILESTONE	DATE	NOTES
KMS		
Plank Series		
A-frame Series		
Squat Series		
Table Top Series		
TOP ROCK		
Top Rock Posture		
2Step		
Indian Step		
Cross Step		
Salsa Rock		
ALL TOGETHER		
DROPS		
Break Squat		
Knee Drop		
Front Hook		
ALL TOGETHER		
FRONT FOOTWORK		
Front FW Posture (10 sec)		
Kick outs		
Russian Switches		
Hooks		
CCs		
ALL TOGETHER		
BACK FOOTWORK		
Back Footwork Posture		
Mountain Climbers		
Shuffles		
Step Tucks		
Commando Step		
ALL TOGETHER		
CIRCULAR FOOTWORK		
Front Sweep		
Back Sweep		

2 Step		
3 Step		
6 Step		
ALL TOGETHER		
FREEZE		
Leg Formations		
Baby		
Chair		
Head Freeze		
Shoulder		
BASIC COMBO 1		
BASIC COMBO 2		
BASIC COMBO 3		
POWER		
Ultimate Coil Sequence		
Knee Spin		
Backspin (qty 3)		