



Cavill Coaching Christmas Challenge



One leg balance (Eyes closed)		Wall sit		Hand stand		Crow pose	
Seconds	Points	Seconds	Points	Seconds	Points	Seconds	Points
100	10	100	10	150	10	120	10
90	9	90	9	120	9	90	9
80	8	80	8	90	8	75	8
70	7	70	7	60	7	60	7
60	6	60	6	30	6	45	6
50	5	50	5	15	5	30	5
40	4	40	4	Pike stand		Bear hold	
30	3	30	3	180	4	150	4
20	2	20	2	120	3	120	3
10	1	10	1	60	2	90	2
				Raised plank		60	1
Best side counts				120	2		
				60	1		