The Mapping of Elementary Students’ Basic Motor Skill At Ambonese City

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Abstract
Nowadays, children are used to go to school and back home by using public transportations and as result they rarely walk, which is the basic of motor ability that they can do every day. Moreover, when they learn physical education in a school, it just spent 90 minutes, which is considered as insufficient to practice their basic motor ability. Therefore, this study was conducted with aimed at finding out the students’ basic motor skill. Descriptive quantitative method was applied to conduct the study. In collecting the data 4(four) instruments were used namely Observation, Interview, Documentation, and Triangulation. While to analyzing the data of percentage calculation is used with the standard of descriptive statistics (Sugiyono, 2012). The findings of this study can be used to describe the basic motor skill of the students who were the subject of the study as well as to be used as the information and recommendation for the teachers of physical subject, educational institution particularly Education and Sport Institution in Ambon in improving the teaching and learning quality particularly in physical education at elementary level.

Keywords: mapping, basic motor skill, elementary students

Introduction
Actively movement is a necessity for every living thing, especially for human. Such as eating is a basic necessity for every living creature; the movement itself is an essential need, which is done consciously and purposely. Because by moving, people will survive to live. Through actively moving, human can achieve some goals, such as; physical growth, mental development, and social. Therefore, if human suffer from lack of movement, automatically causing many abnormalities, for instance like physical abnormalities, mental or social disorders. The disorder is known by the term "hypokinetic disease" or a disease of lack of movement. Actually, this disease will not attack, but because of human desire to live with more comfortable and easier, then the various technologies were developed to make human feel more comfortable. For example, the invention in transportation like motorcycle make people choose to go everywhere rather than to walk because it is considered more ease of reach. This condition causes less movement disease. This disease usually addicts by the intellectual people because of their habits in terms of their busy working, sitting and prefer to do less physic activities. Nowadays, this condition happens not only for intellectual people, but also almost for teenager and children.

Children in school nowadays, they are rarely to move because the increasing of various facilities that is easier to be used which only aim to facilitate activities to school. Almost everywhere children using the transportation like motorcycle and car owned by their parents to go to school and back home even from near school. The similar issue also occurred in Ambon, the result of survey study reported that the level of motor vehicle usage is quite a percentage where almost every family in the city of Ambon on average has 1 (one) unit of motorcycle. Thus, it is very easy for children to leave and return home from school. This also affects the ability of the child’s movement. If we look with the curriculum in each school at every level, physical education is still equated with other subjects, where the physical education in each class is only held once a week, and even then only lasted 2 (two) hour in a week. So, even the chance to conducting the move is implemented, the benefit will not be satisfied enough. The lesson of physical education is taking too much concentration on the material than the aim of physical education itself. Thus, the concept of move that aims to train the physical seemed abolished. However, the fact on the school shows that students always deal with much homework and focusing on finishing their task and homework and less to do some kinds of activities for their body movement and give impacts for their health. For that reason, as academics on the field of physical education of health and recreation, it is needed to explore deeply about it by conducting a study entitle “Mapping of Basic Motor Skill of Elementary School Students in Ambon City”.

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Method

Descriptive quantitative method was used to find out the basic motor skills of elementary school students in Ambon. The study was conducted in Ambon city at 5 (five) sub-districts: 1) Nusan iwe district consist of (a) Sekolah Dasar Negeri 2 Latuhalat, (b) Sekolah Dasar Negeri 5 Soabali, (c) Sekolah Dasar Negeri 71 Ambon. 2) Sirimau district consist of (a) Sekolah Dasar Negeri Kilang. 4) Baguala district which consist of (a) Sekolah Dasar Negeri Ama Ory Benteng Karang, (b) Sekolah Dasar Naskat Amaory 1 Passo, (c) Sekolah Dasar Negeri 2 Passo. (5) Teluk Ambon district consist of Sekolah Dasar Negeri 76 Wayame.

In collecting the data, four instruments were applied namely: 1) Observation, 2) Interview, 3) Documentation, 4) Triangulation. For treatment testing, 21 (twenty one) kind of motor skill test was adapted from Wahjoedi (2011) and consisted of: (a) One foot-touch head, (b) Side leaning test, (c) Grapevine, (d) One knee balance, (e) Stork stand, (f) Double heel click, (g) Cross-leg squat, (h) Full left turn, (i) One knee-head to floor, (j) Hop backward, (k) Forward hand kick, (l) Full squat-arm circle, (m) Half- Turn jump-Left foot, (n) Three dips, (o) Side kick, (p) Kneel jump to feet, (q) Russian dance, (r) Full right turn, (s) The top, (t) Single squat balance, and (u) Jump foot. Whereas for analyzing the data, the percentage calculation based on descriptive statistics (Sugiyono, 2012) was adopted.

The final stages of testing the validity of data found based on several criteria, such as; 1) Testing the credibility or degree of trust, with the various evidence obtained during the process of research. 2) Testing of transferability or the creation of transparency in which the results of the study must be detailed, so it can be understood. 3) Testing dependability, where researchers must be able to prove traces of activity in the field from the beginning to the end of the process of research. 4) Conventional testing, where the results of the research should be tested and linked to the process undertaken in the field. If the result is a function of the process performed, then it has met the standard of conformability.

Results and Discussion

Based on the purpose of this study which is "to find out the students basic motor skill of elementary school students in the city of Ambon", then the researchers conducted a test results analysis of 21 (twenty one) items type motor educability test for 561 (five hundred sixty one) subjects, which obtained from 9 (nine) school locations in 5 (five) sub-districts. The findings of the study can be presented as following;

One foot-touch head test

One foot-touch head test is the 1st test item that sets to measuring the balance, which is performed by relying on the front of the head (forehead), with the position of the two palms of the hand forming a triangle with the position of the head pedestal, while the left leg to support the body, and the right leg is lifted straight. This type of test can be seen in Figure 1a, and the results obtained by 561 subjects can be seen in Figure 1b below;

![Figure 1a. Subject of One foot-touch head test](image1a)

![Figure 1b. Subject’s result](image1b)

The results from the Figure 1b above can be seen that 28 subjects failed to perform this movement, and 53 subjects succeed to perform this movement. It can be said that this type of test aims to measure the balance of the body when resting with the forehead and both palms, with one foot as the base of the body, the movement seemed easy and can be done by most students without any obstacles.
**Side leaning test**

Side leaning test is the 2nd item test that sets to measuring the balance, where the subject will keep the balance with one part of the body, starting by sitting with the position of both feet tightly close to each other. Then, put the right hand on the floor behind the body, the subject is facing to the right, so that the body lifts up and rest on the right hand and foot, then lift the left foot and the left hand, keep it in this position, until the count of five is over. The results of this test can be seen in Figure 2a while the results can be seen in Figure 2b as followed;

![Figure 2a. Subject of Side Leaning Test](image1)

![Figure 2b. Subject's Result](image2)

The results of 561 subjects based on Figure 2b shows that as many as 157 subjects declared as failed to perform this movement and 404 subjects successfully perform this movement.

**Grapevine Test**

Grapevine is the 3rd test item that is set to measuring the subject's flexibility. This movement starts with the position of both heels tightly close to each other, and bends forward, then straightens both arms between the knees (so that both hands are behind the ankles, while the fingers are interconnected in front of the ankle). The subject must hold the position of this movement for 5 seconds. The movement is declared as failed when the balance is lost, the hands are not twisted on both ankles, and the fingers are not interconnected in front of the ankle (not connected), and are unable to hold the position for 5 (five) seconds. The Grapevine movement sequences can be seen in Figure 3a, and the measurements can be seen in Figure 3b as followed;

![Figure 3a. Subject of Grapevine test](image3)

![Figure 3b. Subject's result](image4)

The result that is obtained from 561 subjects based on the Figure above 3b, can be concluded that as many as 67 subjects failed to perform this movement, and 494 subjects declared successfully perform this movement.
One Knee Balance test

One Knee Balance is the 4th test item that sets to measuring the balance of the body by leaning on one knee, starting with the head turning to the right, with kneeling position with one foot, while the other leg straightened back, straightening the arms aside as high as the body shoulder. This movement must be maintained by subject to count of 5 (five). Furthermore, the movement is declared failed, when touching the floor with another body part, not the knee as the tip of pivot, and loss balance. The type of movement of one knee balance can be seen in figure 4a, while the results obtained by the subject can be seen in Figure 4b as followed;

![Figure 4a. Subject of One Knee Balance test](image4a)

Figure 4a. Subject of One Knee Balance test

![Figure 4b. Subject’s Result](image4b)

Figure 4b. Subject’s Result

Furthermore, result obtained by 561 subjects based on figure 3b above shows that as many as 286 subjects failed to perform this movement and 275 subjects successfully perform this movement.

Stork Stand Test

The Stork Stand Test is the 5th test that sets to measuring the vertical balance, where the subject stands with one foot as the pivot but with both eyes closed, starting with the subject stand on the left foot, put the right foot behind the left knee. Then the both arms putted on hips. Next the subject have to close the eyes (keep this posture for 10 (ten) seconds, without shifting or moving the left foot from behind left knee. Subject movements declared to failed, if the balance loss, removing the right foot from behind left knee, open eyes and removing hands from the waist. Next movement of the stork can be seen in figure 5a, and the results obtained by the subject can be seen in Figure 5b as below;

![Figure 5a. Subject of Stork Stand test](image5a)

Figure 5a. Subject of Stork Stand test

![Figure 5b. Subject’s Result](image5b)

Figure 5b. Subject’s Result

The results from 561 subjects based on the picture above 5b shows that as many as 79 subjects failed to perform this movement, and 482 subjects declared successfully perform this movement. Although this movement looks easy, but in reality there are still subjects who failed.
Double heel click Test

Double heel click is the 6th test item that sets to measure the power of the subject by jump as high as they can then claps the soles of the feet in the air as much as 2 (two) times a clap. Subject's movement declared failed, if the two soles of the feet do not clap 2 (twice) in the air, and when they fall or land, the feet still touch each other. Further, the movement of subject in Double Heel Click Test can be seen in Figure 6a, while the results obtained by the subject can be seen in Figure 6b as followed;

![Double Heel Click Test](image)

Figure 6a. Subject of Double Heel Klick test
Figure 6b. Subject’s Result

Therefore, the results obtained by 561 subjects based on the figure 6b shows that as many as 438 subjects failed to perform this movement, and 123 subjects declared successfully perform this movement. Even though this movement looks easy, but in reality percentage of subjects who failed to perform double heel click movement is greater than those who succeed.

Cross Leg Squat Test

Cross leg squat is the 7th test item that sets to measuring flexibility, which is done by folding both hands on the chest and crossing both legs. Then sit cross-legged (one foot is placed on the other foot). Next is to stand up without removing the folds of the hands, and the cross of the legs. Movement by subject declared as failed, if subject loss the balance and both hands are not folded in front of chest, also unable to stand. The Cross leg squat test of the subject can be seen in Figure 7a, while the results obtained by the subject can be seen in Figure 7b as followed;

![Cross-Leg Squat Test](image)

Figure 7a. Subject of Cross Leg Squat test.
Figure 7b. Subject’s Result

Therefore, the results obtained from 561 subjects based on figure 7b shows that as many as 79 subjects failed to perform this movement, and 482 subjects declared successfully perform this movement. Although this movement looks easy because this movement seemed to be a child movement, but in fact there are subject that still failed to perform the movement.

Full Left Turn Test

Full left turn is the 8th test item that is set to measuring the balance of the subject when doing the body rotation in the air while doing a jump. This movement starting by standing with both legs tightly close to each other. Then the subjects have to jump while rotating to the left 360° (degrees). Try to get back to where it started. Subjects must maintain balance, and after landing the feet should stand still. The subjects'
movements declared as failed if not rotating 360° (degree), after landing leg move, and lose balance. Further, the Full left turn movement test can be seen in Figure 8a, while the results obtained by the subject can be seen in Figure 8b as followed;

Figure 8a. Subject of Full Left Turn test. 
Figure 8b. Subject’s Result.

Therefore, the result obtained from 561 based on Figure 8b shows that as many as 123 subject declared as failed doing this movement, and 438 subjects declared to successfully perform this movement. Even though this movement looks easy, but many subjects still failed in doing that movement.

**One Knee-Head To Floor Test**

*One knee-head to floor* is the 9th item that is set to measuring the balance of the subject which only rests on forehead and use one knee (left knee). This movement starts by kneeling using only left knee. Then the other foot lifted straight backward without touching the other foot. Next, subject must stretch both to hands to their side as high as their shoulder. After that, bow down until the head reach the floor. Finally, the subject change back to their position to the very first position without losing the balance. This movement declared failed if not forehead and knee but body touching the floor, losing balance, also head cannot reach the floor. Then, the subject of One knee-head to floor test can be seen in Figure 9a, while the result can be seen in Figure 9b.

Figure 9a. Subject of One Knee-Head To Floor test. 
Figure 9b. Subject’s Result.

Therefore, the result obtained from 561 subject based on Figure 9b shows that 281 subject declared as failed in this movement while 281 declared to successfully perform this movement. Thus, even though this movement seems to be easy to do, still there are many subject failed and can be said to be equal.

**Hop Backward Test**

*Hop Backward Test* is the 11th item that is set to measuring the balance of subject dynamically by move from one place to another place while stand using one foot. Then, subject must close both eyes, jump backwards 5 (five) steps or 5 (five) jumps. This movement declared as failed if subject opens their eyes, or the other foot that is lifted touching the floor. Then, the subject of hop backward can be seen on Figure 10a, while subject’s result can be seen in Figure 10b as followed;

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Therefore, the result that obtained from 561 subjects based on Figure 10a are as many as 39 subject declared as failed in this movement test while the other 522 subjects declared to successfully perform this movement. Thus, even though this movement test seemed easy, but still there are subjects that failed. Even the percentage from those who failed is only about 7% but still there are subjects that cannot passed this movement test.

**Forward Hand Kick Test**

*Forward Hand Kick Test* is the 11th item test that is set to measuring subject’s strength and flexibility which starts from jump as high as possible. Then swing both foot with knee straightforward while bowing down. While bowing down, the tip of the hand and the toe should in contact before landing. This movement declared as failed if the tip of hand cannot touch the tip of the toe while in the air and the degree of knee bending is more than 45°. Then, the subject of *Forward Hand Kick Test* movement can be seen in Figure 11a while subject’s result can be seen in Figure 11b as followed;

Therefore, the result that obtained from 561 subjects based on Figure 11b are as many as 275 subjects declared as failed in this movement test while 286 subjects declared to successfully perform this movement. Even seemed to be easy to do but still there are 51% but subjects that cannot passed this movement test.

**Full Squat-Arm Circle Test**

*Full squat arm circle* is the 12th item test that is set to measuring subject’s local muscle resilience starting by kneeling to squat with both arms straight to side as high as shoulder. Then, while rotating both arms with 30cm diameter. At the same time with that movement, body moved up and down. This movement this movement is done while count up to 10. The movement will declared failed if the subject moving their foot and lose the balance or even fall. Further, the *Full Squat-Arm Circle Test* movement can be seen in Figure 12a while the result can be seen in Figure 12b as followed:
Therefore, the result obtained from 561 subjects based on 12b shows that 50 subjects declared to fail in this test while 511 subjects declared to successfully perform this movement test. Thus, even though this movement seemed easy but still there are 49% subjects cannot pass this movement test.

**Half- Turn Jump-Left Foot Test**

*Half turn jump left foot Test* is the 13th item test that is set to measuring the balance of body when spinning in the air gradually rests on left foot, starting by subject stand and reset on left foot. Then subject jump and spin $180^\circ$ to the left. This movement declared as failed if the subject loss the balance, fail to spin $180^\circ$ to the left, and right foot touch the floor. Further, subject of *Half Turn Jump Left Foot* can be seen in Figure 13a while the result can be seen in Figure 13b as followed:

Therefore, the result obtained from 561 subjects based on Figure 13b shows that as many as 39 subjects declared as failed in this movement test while 522 other subjects declared to successfully perform this movement test. Thus, even though this movement test seemed easy, but still there are 7% on average or there are 39 subjects cannot pass this test.

**Three Dips Test**

*Three Dips* is the 14th item test that is set to measuring the strength of arms muscle which starting from push-up position, then subject make a movement like bending arms and let chest touching the floor. After that, subjects have to lift their body up and return back to starting position. Then once again lift up the body so the arms becoming straight and return back to starting position. This movement test declared as failed when subjects cannot do the movement for 3 (three) times, chest does not touch the floor and other body part except chest, both palms and tip of feet touching the floor. Further, subject of *Three Dips Test* can be seen in Figure 14a while subject’s result can be seen in Figure 14b as followed:
Therefore, the result obtained from 561 subjects based on Figure 14b shows that 28 subjects declared as failed in this movement test while the other 533 subjects declared as successfully perform this movement test. Thus, even though this movement test seemed to be easy, but still there are 5% or 28.05 on average of subject that cannot pass this test.

**Side kick Test**

*Side kick* is the 15th item test that is set to measuring the power and flexibility that starting from stand and swing the foot to left side of the body. At the same time with the foot swing, subject jump up and down using right foot as the pedestal. Then, subjects have to make both foot touching each other in the air (when touching, both feet should in parallel and the touch must be happened beside the left body or shoulder). This movement will end when both feet landing while straddle. The movement that is done by subject declared as failed when the swing of left foot is not enough, both feet not touch each other while in the air and foot landed without straddle. Further, subject of *Side Kick* movement test can be seen in Figure 15a, while the result can be seen in Figure 15b as followed;

Therefore, the result that obtained from 561 subjects based on Figure 15b shows that as many as 186 subjects declared as failed in this movement test while the other 275 subjects declare to be successfully in performing this movement. Thus, even though this movement test seemed to be easy, but still there are 51% or 286.11 on average subjects cannot pass this movement test.

**Kneel Jump To Feet Test**

*Kneel jump to feet* is the 16th item test that is set to measuring power starting by kneeling by the subjects, with two feet forming like turtle, and the tip of the toe touching floor. Swing both arms and jump up without change the position of tip toe before (until stand up straight). This movement test declared as failed
when the subjects change the position of tip toe, and also with no intention jump and stand up straight. Further, the subject of *Kneel Jump to Feet Test* can be seen in Figure 16a, while the result can be seen in Figure 16b as followed;

![Figure 16a](image1.png)  ![Kneel Jump To Feet Test](image2.png)

**Figure 16a. Subject of Kneel Jump To Feet Test.**  **Figure 16b. Subject’s Result**

Therefore, the result obtained from 561 subjects based on Figure 16b shows that as many as 157 subjects declared as failed in this movement test while the other 404 subjects declared to successfully in performing this movement. Thus, even though this movement seemed to be easy, but still there are 28% or 157.08 average subjects cannot pass this movement test.

**Russian Dance Test**

*Russian dance Test* is the 17th item test that is set to measuring the agility which starting by squatting pose and rest on both feet. Then straighten one foot forward. After that, subjects have to dance. Do the Russian Dance while jump and changing the foot until 4 (four) moves, so each foot got 2 (twice) turn. Finally, the heel that is straighten forward has to touching the floor while the heels which becoming the pivot has to touching the bottom. The test will declare to be failed when the subject loss the balance, and each feet not reach twice turn. Further, the subject of *Russian Dance Test* can be seen in Figure 17a while the result can be seen in Figure 17b as followed;

![Figure 17a](image3.png)  ![Russian Dance Test](image4.png)

**Figure 17a. Subject of Russian Dance Test.**  **Figure 17b. Subject’s Result**

Therefore the result that is obtained from 561 subjects based on Figure 17a shows that as many as 101 subjects declared as successfully in performing this movement test. Thus, even though this movement seemed to be easy, but still there are 18% or 100.98 on average subjects that cannot pass this test.
**Full Right Turn Test**

*Full right turn* is the 18th item test that is set to measuring the balance of the body when jump and spinning to the right starting by standing with both feet tightly close to each other. Then jump to the right 360°. It is hoping that the subjects can landing in same spot when they jump. Balance should be maintained and when landing on floor never move the feet. The movement test will declared as failed when subjects not spin 360°, landing with feet move, and loss the balance. Further, the subject movement of Full Right Test can be seen in Figure 19a and the result can be seen in Figure 19b as followed.

![Figure 18a](image1) ![Full Right Turn Test](image2)

Figure 18a. Subject of Full Right Turn Test.
Figure 18b. Subject’s Result

Therefore, the result obtained from 561 subjects based on Figure 18b shows that as many as 129 subjects declared as failed in this movement test while 432 subjects declared to successfully in performing this test. Thus, even though this movement test seemed to be easy, but still there are 18% or 129 on average from the subjects cannot pass this movement test.

**The Top Test**

*The Top* is the 19th item test that is set to measuring the flexibility and coordination of body without losing the balance of the body when spinning on the floor which starting from sitting with leg crossing. Then, both hands encircle both knees. After that, right hand holding left ankle and left hand holding right ankle. Continued by quickly roll to the right through: 1) put the body weight on right knee, then put it to right shoulder, back, left shoulder, left knee. 2) then ended by sit facing the opposite of starting position. 3) Repeating that moves once, so the subject will sit like the starting position. This movement test will be declared as failed when the grip on ankle is loss and the spinning is not perfect. Further, the subject movement of The Top Test can be seen in Figure 19a while the result can be seen in Figure 19b as followed.

![Figure 19a](image3) ![The Top Test](image4)

Figure 19a. Subjects of The Top Test.
Figure 19b. Subject’s Result

Therefore, the result obtained from 561 subjects based on Figure 19b shows that on average 325 subjects declared as failed in this movement test while the other 236 subjects declared as successfully perform this
test. Thus, even though this movement seemed easy, but there are 58% or 325,38 on average cannot pass this movement test.

**Single Squat Balance Test**

*Single squat Balance Test* is the 20th item test that is set to measuring the resistance of local muscle and also the balance of body starting by stand up with squat position and rest on one foot, while other foot straighten forward without touching the floor. Then, put both hand on the waist. Hold this position until count up to five. This movement test will declare as failed when subject hand not on their waist, the straighten feet touching the floor, and loss balance. Further, subject movement of *Single Squat Balance Test* can be seen in Figure 20a while the result can be seen in Figure 20b as followed;

![Figure 20a. Subject of Single Squat Balance Test.](image)

![Figure 20b. Subject’s Result](image)

Therefore, result obtained from 561 subjects based on Figure 20b shows that as many as 56 subjects declared as failed in this movement test while the other 505 subjects declared as successfully perform this movement test. Thus, even though this movement seemed to be easy, but still there are 10% or 56,6 on average subjects that cannot pass this test.

**Jump Foot Test**

*Jump Foot Test* is the 21th item test that is set to measuring agility and coordination of subjects starting from standing on a foot while the big toe is hold by the finger opposite in front of the body. Then, subjects jump and the free foot (the pivotal foot) jump through the holding foot without losing the grip. This movement test will declared as failed if the grip is loss and the pivotal foot cannot jump through the holding foot. Further, the subject movement of *Jump Foot* can be seen in Figure 21a while the result can be seen in Figure 21b as followed;

![Figure 21a. Subject of Jump Foot Test.](image)

![Figure 21b. Subject’s Result](image)
Therefore, the result obtained from 561 subjects based on Figure 21b shows that as many as 539 subjects declared as failed in this movement test and only 22 subjects declared as succeed. Thus, although this movement test seemed very difficult which causing 96% or 539 on average subjects cannot pass this movement test. But still, there are 22 subjects that can pass this test very well.

**Conclusion**

Based on the data shown above then can be said that from 21 test of student’s motor ability in Ambon at 5 (five) district with total 561 subjects, resulting 30% test cannot be done by the subject while the other 70% can be done by the subject where collectively the kind of item test with the failure and success can be seen in table 1 below:

<table>
<thead>
<tr>
<th>No.</th>
<th>Test</th>
<th>Total Subject</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>One foot-touch head</td>
<td>561</td>
<td>Failed 5%</td>
</tr>
<tr>
<td>2.</td>
<td>Side leaning test</td>
<td>561</td>
<td>Failed 28%</td>
</tr>
<tr>
<td>3.</td>
<td>Grapevine</td>
<td>561</td>
<td>Failed 12%</td>
</tr>
<tr>
<td>4.</td>
<td>One knee balance</td>
<td>561</td>
<td>Failed 51%</td>
</tr>
<tr>
<td>5.</td>
<td>Stork stand</td>
<td>561</td>
<td>Failed 14%</td>
</tr>
<tr>
<td>6.</td>
<td>Double heel click</td>
<td>561</td>
<td>Failed 78%</td>
</tr>
<tr>
<td>7.</td>
<td>Cross-leg squat</td>
<td>561</td>
<td>Failed 14%</td>
</tr>
<tr>
<td>8.</td>
<td>Full left turn</td>
<td>561</td>
<td>Failed 22%</td>
</tr>
<tr>
<td>9.</td>
<td>One knee-head to floor</td>
<td>561</td>
<td>Failed 50%</td>
</tr>
<tr>
<td>10.</td>
<td>Hop backward</td>
<td>561</td>
<td>Failed 7%</td>
</tr>
<tr>
<td>11.</td>
<td>Forward hand kick</td>
<td>561</td>
<td>Failed 49%</td>
</tr>
<tr>
<td>12.</td>
<td>Full squat-arm circle</td>
<td>561</td>
<td>Failed 9%</td>
</tr>
<tr>
<td>13.</td>
<td>Half- Turn jump-Left foot</td>
<td>561</td>
<td>Failed 7%</td>
</tr>
<tr>
<td>14.</td>
<td>Three dips</td>
<td>561</td>
<td>Failed 5%</td>
</tr>
<tr>
<td>15.</td>
<td>Side kick</td>
<td>561</td>
<td>Failed 51%</td>
</tr>
<tr>
<td>16.</td>
<td>Kneel jump to feet</td>
<td>561</td>
<td>Failed 28%</td>
</tr>
<tr>
<td>17.</td>
<td>Russian dance</td>
<td>561</td>
<td>Failed 18%</td>
</tr>
<tr>
<td>18.</td>
<td>Full right turn</td>
<td>561</td>
<td>Failed 23%</td>
</tr>
<tr>
<td>19.</td>
<td>The top</td>
<td>561</td>
<td>Failed 58%</td>
</tr>
<tr>
<td>20.</td>
<td>Single squat balance</td>
<td>561</td>
<td>Failed 10%</td>
</tr>
<tr>
<td>21.</td>
<td>Jump foot</td>
<td>561</td>
<td>Failed 96%</td>
</tr>
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</table>

**References**


