

VSU Blazin' Brigade Guard Requirements/Skills:

1. Flag Basics (while marking time):

Drop Spins (Right and Left)

Speed spins / peggy spins / double time (Right and Left)

Single Toss (Right and Left)

45/angle toss

parallel/helicopter toss

windup toss / speed spin toss

2. Movement/Dance:

Jazz Runs & walks

Chaîné turns

Other kicks, jumps, leaps and turns may also be requested