



Super-Ultimate Technical Standards

Effective September 2010

Starting in 2007, Ultimate Club members and I (Paul Arneberg) played around with the idea of creating "Super-Ultimate Standards" to encourage current Ultimates to continue reaching for high goals even though they've already achieved the club's *entrance* standards. At a minimum, these "Super-Ultimate Standards" are 500% (five times) the amount of the technical entrance standards for Ultimate Club. However, certain Super Ultimate Standards (i.e., five clubs and club balance) are 1000% (or more) greater than the current Ultimate Club Standards due to the average member's skills. Also, some Super-Ultimate Standards represent new categories not even found among the current Ultimate Club Standards. These include 8 Balls; 9- 12 Ball Passing; 10 ball bounce passing; 5 Ball Force Bounce; 7 Ball Drop Bounce; 7 Rings; 8 Rings; 8-10 Ring Passing; 8 Club Back-to-Back Passing; 6 Clubs; 7-8 Ultimate Club Passing; 9-10 Club Passing. While this list is primarily for goal-setting all Ultimate Club Jugheads with at least one year of experience should strive to achieve 25% of the Super Ultimate Standards (11/45) by the end of their 2nd year in the club.

Revised 6/21/10, PRA

BALLS

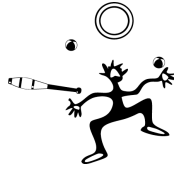
1. 1000 catches with 5 Balls
2. 25 tricks with 5 Balls
3. 250 passes each with 8 Ball passing
4. 100 catches with 6 Balls
5. 70 catches with 7 Balls (quintuple qualifying)
6. **Qualify 8 Balls**
7. **144 total catches with 9 Ball Passing (quadruple qualifying)**
8. **80 total catches with 10 Ball Passing (double qualifying)**
9. **44 total catches with 11 Ball Passing (qualifying)**
10. **48 total catches with 12 Ball Passing (qualifying)**
11. 500 catches with 5 Ball Drop Bounce
12. **40 total catches with 10 Ball Bounce Passing (qualifying)**
13. **50 catches with 5 Ball Force Bounce**
14. **28 with 7 Ball Drop Bounce**

RINGS

15. 500 with 4 Rings
16. 500 with 5 Rings
17. 60 catches with 6 Rings (quintuple qualifying)
18. **Qualify 7 Rings**
19. **Flash 8 Rings**
20. **10 consecutive 5 Ring Pulldowns**
21. **10 consecutive 6 Ring Pulldowns**
22. 250 with 7 Ring Passing
23. 250 with 8 Ring Passing
24. **144 total catches with 9 Ring Passing (quadruple qualifying)**
25. **80 total catches with 10 Ring Passing (double qualifying)**

CLUBS

26. 100 tricks with 3 Club Tricks (cannot do same trick with right and left hands or different flips)
27. Five consecutive perfect sets of 100 DHT with constant doubles (at singles' speed, just like in warm-ups)
28. 250 with 6 Club Ultimate Passing (125 each hand, synchronous or asynchronous)
29. **50 with 7 Club Ultimate Passing (25 each hand, synch. or asynch.)**
30. **20 with 8 Club Ultimate Passing (10 each hand, synch. or asynch.)**
31. 500 with 7 Club Passing
32. 50 with 7 Club Back-to-Back Passing



- 33. **20 with 8 Club Back-to-Back Passing**
- 34. 250 with 8 Club Passing
- 35. **144 Total Catches with 9 Club Passing (quadruple qualifying)**
- 36. **80 Total Catches with 10 Club Passing (double qualifying)**
- 37. 500 with 4 Clubs (Fountain, double-singles or triple-singles are all acceptable patterns.)
- 38. 20 Tricks with 4 Clubs
- 39. 200 catches with 5 Clubs
- 40. 5 Tricks with 5 Clubs
- 41. **Qualify 6 Clubs**
- 42. 10 minutes with Club Balance (chin, nose, forehead, or between eyes)
- 43. 200 DHTs with 3 Club Triples
- 44. 100 DHTs with 3 Club Quads

AUXILIARY PROPS

- 45. **Mastery of 15 Auxiliary Props.** "Mastery" means the prop could be incorporated into a public performance. A good guideline is a timed endurance of 10 minutes for balanced props and/or 5 qualified tricks with manipulation props. Examples:
 - 1) Balance Board (aka Rola Bola or Bongo Board)
 - 2) Ball Spinning
 - 3) Baton Manipulation
 - 4) Bullwhip
 - 5) Card Throwing
 - 6) Chair Manipulation
 - 7) Cigar Boxes
 - 8) Club Swinging
 - 9) Coin Manipulation
 - 10) Contact Juggling
 - 11) Cup Manipulation
 - 12) Cup Manipulation
 - 13) Devil Sticks (or Crystal Stix)
 - 14) Diabolo
 - 15) Flaming Torches (or Devil Sticks, or Diabolo)
 - 16) Footbag
 - 17) Foot Juggling
 - 18) German Wheel
 - 19) Hat Manipulation
 - 20) Head Ball Bounce
 - 21) Hoop Rolling (on the body or the floor)
 - 22) Juggling under a Club Balance
 - 23) Juggling under a Head Ball Bounce
 - 24) Lasso
 - 25) Odd Object Balance (e.g., spoon, baseball hat, plain piece of paper)
 - 26) Ping Pong Ball Juggling from Mouth (minimum of two balls, 10 total "spits")
 - 27) Pizza Manipulation
 - 28) Plate Spinning
 - 29) Poi
 - 30) Ring Spinning
 - 31) Shaker Cups
 - 32) Slack Rope Walking
 - 33) Stilts
 - 34) Tight Rope Walking
 - 35) Top Spinning
 - 36) Trick Bike
 - 37) Trick Frisbee
 - 38) Unicycle
 - 39) Walking Globe (aka Rolling Globe)
 - 40) Yo-yo
 - 41) Jump rope (5 tricks 10 times each)
 - 42) Hula Hoop