Poised for Success Freestyle



Guide to Bunny Hop – an Etude Title

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Etude Titles

Etude Titles are "Special Event" Titles that are offered by Poised for Success Freestyle for a limited time.

In music, an "etude" is a short musical composition that is designed to provide practice material for perfecting a particular musical skill in an aesthetically pleasing way.

Likewise, the Etude Titles provide Poised for Success Freestyle teams with the opportunity to create short practice exercises to perfect a particular Freestyle skill in an enjoyable way and to earn titles for performing those exercises.

These are offered through Poised for Success Freestyle at certain times throughout the year, and each one is offered for a limited time.

Anyone is eligible to enter submissions for Etude Titles. No prerequisite titles are necessary. All you need is a Poised for Success Registration number. For information on how to register, see the "Titling in Musical Freestyle" page on the Poised for Success website.

http://www.poisedforsuccessfreestyle.com/titling-in-musical-freestyle

Titling Classes

Three titling classes are offered for the Etude Titles:

- **Debut Class:** Puppies and adult dogs who are not ready for the Performer Class are eligible to enter the Debut Class

- **Laude Class:** Senior dogs and dogs with disabilities are eligible to enter the Laude Class

- **Performer Class:** All dogs are eligible to enter the Performer Class

For teams in the Debut and Laude Classes, treats may be visible to your dog during a performance, and you may treat at any time during the performance. Handlers are encouraged to reinforce in a way that maintains as much flow as possible within the performance, although loss of flow for reinforcement will not cause a team to NQ.

For teams in the Performer Class, treats may not be visible to your dog during a performance, although you can have them in a pocket or bait bag, and you may not treat until after the performance is fully complete.

A team may enter any given Etude event in one titling class only per level for that year's offering of that event. For example, the team can enter Performer Class for the first level of the event, and then enter Debut for Sonata, but cannot enter Debut for the first level of the event and then Performer for first level (in the same year).

However, a team that enters in the Debut Class one year can enter the same event in the Performer Class in another year, once the dog is ready to do so. And a team that enters in the Performer Class in one year can enter the same event in the Laude class in a later year, once eligible to perform in that Class.

Bunny Hop – Title Open from June 15th – September 15th

<u>This title is now open at three levels:</u>

- First Level – Bunny Hop
- Second Level – Bunny Hop – Sonata
- Third Level – Bunny Hop - Virtuoso



First Level – Bunny Hop

To earn this title, you and your dog will film just one performance that features some kind of "hop" at some point within the movement sequence.

The "hop" should be somewhere within the performance. If you are only incorporating one "hop", avoid leading off or ending with it. If you include multiple "hops", you can include another "hop", and that can be at the beginning and/or end, but there should be one featured within the "body" of the performance somewhere.

Note: Any "hop" can consist of multiple jump or hop behaviors in a row (Example: A figure 8 Jump; A hop up onto a prop through a hoop), but only a single "hop" is required, unless otherwise indicated.

There is no limit to the number of "hops" that you incorporate, but they should not comprise of the entirety of the performance.

There is no minimm or maximum number of moves or movements required, nor is any particular type of move or movement required beyond the required "hop".

If you want to feature movement, do so. If you want to feature tricks, do so. If you want to feature prop behaviors, do so. If you want to mix things up, please do so. Have fun with it!

Details:

You have license to be VERY creative here! Editing is allowed, music overlays are allowed, multiple dogs may appear in one video (additional dogs serve as "support" for the dog for whom the submission is being entered).

Unlimited use of props is permitted, and if you edit your performance, props can change from one "scene" to the next.

The time limit is also very flexible. The minimum time is 30 seconds, and the maximum is 2 minutes.

No particular theme is required for the performance, nor for the music that you choose to use.

The Hop

The "hop" can be:

- A jump over a prop
- A "bounce" (into a prop or between two props)
- A jump up onto a prop
- A bounce into a prop
- Another move or movement where the dog clearly "hops" or "jumps" in some way

No particular height is required for the "hop", but there should be a clear "hop" or "jump" – even if only a little – if the dog is capable of it.

If you are working with a puppy, or a senior in who cannot perform a true "hop" in some way, a step over, step up, or paw lift can be substituted.

Whatever you choose, make sure your dog is confident performing the move, and that it will be carried out safely within the performance.

Submission

See below for submission information.

Title

PFS – Hop

Or

PFS - Hop - Debut

Or

PFS - Hop - Laude

Each qualifying team will receive a printed certificate and flat ribbon in the mail. If you prefer to have your certificate emailed, please indicate that preference when you submit.

Second Level – Bunny Hop - Sonata

The criteria for Bunny Hop Sonata is almost exactly the same as for the first level, with just one additional requirement.

For Bunny Hop – Sonata, you and your dog will film just one performance made up of the moves and movements of your choice. "Sandwiched" into that performance, you and your dog need to perform a sequence that consists of:

- A "hop"
- A "moving move", or a "moving move" combination
- A second "hop"

This sequence must be formed as a continuous chain of behaviors – it cannot be edited together from separate video clips. It can be edited into the rest of the performance, but it itself, it needs to be performed "in flow".

Note: Any "hop" can consist of multiple jump or hop behaviors in a row (Example: A figure 8 Jump; A hop up onto a prop through a hoop), but only a single "hop" is required, unless otherwise indicated.

This sequence should be performed "in flow" with no deliberate pauses.

See "General Information" below for more details on the performance.

The "Moving Move"

The required "Moving Move" is simply a behavior that your dog performs where your dog is moving throughout the entire move. Examples of such moves can include: leg weaves, circle around the handler, a leg circle, spin.

You can also have your dog perform a combination, such as: circle, single leg weave, or spin, circle.

For the purpose of this title, the "moving move" should be a distinct "Freestyle Move", and not simply heelwork, although a short heelwork movement can be included in a combination to set your dog up for the move.

I have created a short demo video to show what a sequence of "hop" – "moving move" – "hop" might look like.

Demo: https://www.youtube.com/watch?v=Cc0ed2UWE2Y

The "Hops"

The two "hops" that your dog performs may be:

- Two different "hops" using one single prop
- Two different "hops" using two different props
- Two of the same "hop", using two different props

Note: Multiple "hops" in a row may be performed as a "hop" (Example – Figure 8 Jumps), but that set counts as one "hop".

General Information

As with the first level of this title, you have license to be VERY creative! Editing is allowed, music overlays are allowed, multiple dogs may appear in one video (additional dogs serve as "support" for the dog for whom the submission is being entered).

There is no minimum or maximum number of moves or movements required, nor is any particular type of move or movement required beyond the required movement sequence.

If you want to feature movement, do so. If you want to feature tricks, do so. If you want to feature prop behaviors, do so. If you want to mix things up, please do so. Have fun with it!

Keep in mind that some moves must be performed before and after the movement sequence. The movement sequence cannot start or end the performance.

Unlimited use of props is permitted.

The time limit is also very flexible. The minimum time is 30 seconds, and the maximum is 2 minutes.

No particular theme is required for the performance, nor for the music that you choose to use.

Title

PFS – Hop - Sonata

Or

PFS - Hop – Sonata - Debut

Or

PFS - Hop – Sonata - Laude

Third Level – Bunny Hop - Concerto

The criteria for Bunny Hop Concerto is similar to the criteria for the Sonata level, with just a bit of difference in the movement sequence.

For Bunny Hop Concerto, you and your dog will film just one performance made up of the moves and movements of your choice. "Sandwiched" into that performance, you and your dog need to perform a sequence that consists of:

- A "hop"
- A transition of position *
- Some heelwork (any pattern any number of steps)
- A second hop

This sequence must be formed as a continuous chain of behaviors – it cannot be edited together from separate video clips. It can be edited into the rest of the performance, but it itself, it needs to be performed "in flow".

* The transition of position can be any move or behavior other than a simple swing or call into position. (Leg weave, circle around handler, switch, etc.)

If a combined transition of position is performed, a swing or call into position can be used as part of the combination. (Circle around handler/swing into position, etc.)

The two "hops" that your dog performs may be:

- Two different "hops" using one single prop
- Two different "hops" using two different props
- Two of the same "hop", using two different props

Note: Any "hop" can consist of multiple jump or hop behaviors in a row (Example: A figure 8 Jump; A hop up onto a prop through a hoop), but only a single "hop" is required, unless otherwise indicated.

Teams performing in Debut or Laude may use the criteria required for Performer or they may substitute the following criteria:

- A "hop"
- A transition of position
- **Optional** – Some heelwork (any pattern any number of steps)
- A "double hop"

The "double hop" can consist of a single "hop" behavior performed twice in a row (ex. two jumps) or it can consist of two different "hop" behaviors performed in flow (ex. jump/hop up onto a prop).

Moreover, "double" is the minimum. It is fine if you have your dog perform more than two hops in a row.

This sequence should be performed "in flow" with no deliberate pauses.

General Information

As with the earlier levels of this title, you have license to be VERY creative! Editing is allowed, music overlays are allowed, multiple dogs may appear in one video (additional dogs serve as "support" for the dog for whom the submission is being entered).

There is no minimum or maximum number of moves or movements required, nor is any particular type of move or movement required beyond the required movement sequence.

If you want to feature movement, do so. If you want to feature tricks, do so. If you want to feature prop behaviors, do so. If you want to mix things up, please do so. Have fun with it!

Keep in mind that some moves must be performed before and after the movement sequence. The movement sequence cannot start or end the performance.

Unlimited use of props is permitted.

The time limit is also very flexible. The minimum time is 30 seconds, and the maximum is 2 minutes.

No particular theme is required for the performance, nor for the music that you choose to use.

Title

PFS – Hop - Concerto

Or

PFS - Hop – Concerto - Debut

Or

PFS - Hop – Concerto - Laude

Virtuoso

In addition, once you and your dog have earned the Bunny Hop Concerto title, you and your dog will be awarded the distinction of "Bunny Hop Virtuoso". The distinction awarded will be in the class in which the team earned the Concerto title.

Virtuoso distinctions are as follows:

Bunny Hop Virtuoso

Bunny Hop Debut Virtuoso

Bunny Hop Laude Virtuoso

A team can attain this distinction in any/all classes by earning the Bunny Hop Concerto title in that particular class.

Submit Your Entry

The entry fee for each submission is $15.00. One video makes up a single submission for this Title. The Title consists of only this one leg, and teams who qualify on this single submission will earn the Bunny Hop Title.

Each qualifying team will receive a printed certificate and flat ribbon in the mail. If you prefer to have your certificate emailed, please indicate that preference when you submit.

To enter, please submit payment of $15.00 to:

pfsfreestyle@gmail.com

Then, fill out the following entry form and submit online:

https://form.jotform.com/253188116592058

Entries – Bunny Hop

Entries for the Bunny Hop will open on June 15, 2026.

Entries must be received no later than September 15, 2026.

If corrections are needed to the entry, all corrections must be submitted by October 15, 2026

Enjoy! I look forward to seeing your entries!

