



### LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{4}</math> DOWN TO GROUND LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>PREP LEVEL TO PRONE</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> </ul>
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>

### LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB PREP LEVEL</li> <li>TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENSION</li> <li>STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>PRONE</li> <li>PREP LEVEL 1 LEG STUNT</li> <li>EXTENSION</li> <li>BARREL ROLL</li> <li>LEAP FROG VARIATIONS</li> <li><math>\frac{1}{2}</math> TWIST TO PRONE</li> <li>WALK IN PREP LEVEL PRESS EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>WALK IN EXTENSION</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO EXTENDED STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

### LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERTED BELOW PREP LEVEL</li> <li>INVERTED AT PREP LEVEL</li> <li>DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE TO PREP LEVEL OR BELOW</li> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP BELOW PREP LEVEL</li> <li>FULL UP PREP LEVEL STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM PREP</li> <li><math>\frac{1}{4}</math> TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>FULL DOWN FROM EXTENSION</li> <li>SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>EXTENDED 1 LEG STUNT</li> <li>SUSPENDED FRONT FLIP</li> <li>SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>SUSPENDED TWISTING FRONT FLIP</li> <li>TOSS HANDS</li> <li>SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>TOSS HANDS PAUSE PRESS EXTENSION</li> <li>WALK IN EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>FULL TWISTING INVERSION TO EXTENDED 2 LEG STUNT</li> <li>SUSPENDED BACK FLIP</li> <li>SUSPENDED TWISTING BACK FLIP</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION</li> <li>RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>



## LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> <li>RELEASE FROM PREP LEVEL TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>¾ TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED 2 LEG STUNT</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED STUNT</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>1 ½ TWISTING INVERSION TO EXTENDED STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION</li> <li>RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED LIB (NOT BODY POSITION)</li> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>¾ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>¾ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>1 ¾ UP TO EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED 1 LEG STUNT</li> <li>2 - 2 ¾ UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>TOSS ¾ - ¾ TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FULL TWIST TO EXTENDED STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>1 ½ - 2 ¾ RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>¾ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1 ½ UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>¾ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> </ul>



## LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE *EXCLUDING JUNIOR TEAMS</li> </ul>	<ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¾ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT</li> <li>½ TWISTING RELEASED INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> </ul>

## LEVEL 7

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7)</li> <li>FLIPPING FROM GROUND LEVEL TO EXTENSION (L7)</li> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7)</li> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FREE FLIPPING TO GROUND LEVEL (L7)</li> <li>FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7)</li> <li>FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L7)</li> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> <li>FRONT FREE FLIPPING TO PRONE</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>SID SUMI</li> <li>TOE OR LEG PITCH TOSS TO FREE FLIPPING SKILL</li> <li>GROUND LEVEL HANDSTAND RELEASED TO INVERTED STUNT</li> <li>BACK HANDSPRING REWIND TO EXTENDED STUNT</li> <li>RELEASE FROM PREP LEVEL OR BELOW TO INVERTED PREP LEVEL STUNT</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L7)</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7)</li> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¾ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>BACK HANDSPRING FULL UP TO EXTENDED STUNT (L7)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>FRONT HANDSPRING 1 ½ - 2 ¼ UP TO EXTENDED STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>FRONT HANDSPRING ½ UP TO EXTENDED STUNT</li> </ul>



## LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

## LEVEL 4

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

## LEVEL 5

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

## LEVEL 6

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

## LEVEL 7

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL • <b>KICK TRIPLE</b>



## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER  
FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL  
BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND  
BACKBEND KICK OVER • BACK WALKOVER

### RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER  
FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT  
BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT  
ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES • FRONT HANDSPRING  
FRONT HANDSPRING ROUND OFF BACK HANDSPRING

## LEVEL 3

### STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES  
BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

### RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK  
ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK  
FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

## LEVEL 4

### STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK  
JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK • BHS WHIP BHS SERIES TO TUCK/LAYOUT  
BHS SERIES TO LAYOUT • BHS TUCK BHS TUCK/LAYOUT • JUMP BHS SERIES TO LAYOUT

### RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT  
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT  
FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT  
ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT  
PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK  
FRONT HANDSPRING PUNCH FRONT  
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT  
FRONT AERIAL • ONODI

## LEVEL 5

### STANDING TUMBLING SKILLS

JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS  
BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

### RUNNING TUMBLING SKILLS

ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL  
PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

## LEVEL 6 & 7

### STANDING TUMBLING SKILLS

JUMP BACK TUCK

### RUNNING TUMBLING SKILLS

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL  
SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL

#### ELITE LEVEL APPROPRIATE

STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL  
JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL  
JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL

#### ELITE LEVEL APPROPRIATE

FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL  
ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL  
ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL  
PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL  
ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL  
ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL