## PYRAMID PROGRESSIONS

| Non-Released Transition | • Braced non-released transitions  
| • Inverted stunts to prep level and below  
| • Intermediate full up variations | • Inverted stunts to extended - 2 bracers  
| • Advanced full up variations | • Inverted stunts involving spinning to extended - 2 bracers  
| • Inverted stunts to extended - 1 bracer  
| • Elite full up variations  
| • Single base advanced full up variations | • Inverted stunts involving spinning to extended - 1 bracer  
| • Super elite full up variations  
| • Single base elite / super elite full up variations |

| Released Transition | • Released transition to any level with 2 bracers  
| • Released transition to prep or below with 1 bracer  
| • Switch up landing extended - braced or unbraced | • Released transition landing extended with 1 bracer  
| • Braced inverted stunts released to prep level and below | • Released transition involving spinning or inversion that land extended with 2 bracers  
| • Unbraced releases landing extended | • Released transition to extended involving spinning / inversions with 1 bracer  
| • Unbraced spinning release landing extended |

| Braced Roll/Flip | • Flipping transition landing below prep level  
| • Rolling transition to prep and below | • Flipping transition landing at prep level  
| • 1/2 twisting flipping transition landing below prep level  
| • Rolling transition to extended position - 2 bracers | • Flipping transition landing extended  
| • 1/2 twisting flipping transition landing at prep level  
| • Rolling transition to extended position - 1 bracer | • Flipping transition starting at prep or above, landing extended  
| • 1/2 twist flipping transition landing extended  
| • Flipping transition landing extended with minimal bases |