<table>
<thead>
<tr>
<th>Non-Released Transition</th>
<th>Released Transition</th>
<th>Braced Roll/Flip</th>
</tr>
</thead>
</table>
| •Braced non-released transitions  
  •Inverted stunts to prep level and below  
  •Intermediate full up variations | •Released transition to any level with 2 bracers  
  •Released transition to prep or below with 1 bracer  
  •Switch up landing extended - braced or unbraced | •Flipping transition landing below prep level  
  •Rolling transition to prep and below |
| •Inverted stunts to extended - 2 bracers  
  •Advanced full up variations | •Released transition landing extended with 1 bracer  
  •Braced inverted stunts released to prep level and below | •Flipping transition landing at prep level  
  •1/2 twisting flipping transition landing below prep level  
  •Full twisting flipping transition to below prep level  
  •Rolling transition to extended position - 2 bracers |
| •Inverted stunts involving spinning to extended - 2 bracers  
  •Inverted stunts to extended - 1 bracer  
  •Elite full up variations  
  •Single base advanced full up variations | •Released transition involving spinning or inversion that land extended with 2 bracers  
  •Unbraced releases landing extended | •Flipping transition landing extended  
  •1/2 twisting flipping transition landing at prep level  
  •Rolling transition to extended position - 1 bracer  
  •Full twisting flipping transition to prep level |
| •Inverted stunts involving spinning to extended - 1 bracer  
  •Super elite full up variations  
  •Single base elite / super elite full up variations | •Released transition to extended involving spinning / inversions with 1 bracer  
  •Unbraced spinning release landing extended | •Flipping transition starting at prep or above, landing extended  
  •1/2 twist flipping transition landing extended  
  •Flipping transition landing extended with minimal bases  
  •Full twisting flipping transition to extended level |