

PYRAMID PROGRESSIONS

Non-Released	Braced non-released	Inverted stunts to extended	Inverted stunts involving	Inverted stunts involving
Transition	transitions	- 2 bracers	spinning to extended - 2	spinning to extended - 1
Transition	Inverted stunts to prep	 Advanced full up variations 	bracers	bracer
	level and below		 Inverted stunts to extended 	Super elite full up
	Intermediate full up		- 1 bracer	variations
	variations		Elite full up variations	Single base elite / super
			 Single base advanced full 	elite full up variations
			up variations	
Released	 Released transition to any 	 Released transition landing 	Released transition	Released transition to
Transition	level with 2 bracers	extended with 1 bracer	involving spinning or	extended involving spinning
Transition	 Released transition to prep 	Braced inverted stunts	inversion that land extended	/ inversions with 1 bracer
	or below with 1 bracer	released to prep level and	with 2 bracers	Unbraced spinning release
	 Switch up landing extended 	below	Unbraced releases landing	landing extended
	- braced or unbraced		extended	
Braced	 Flipping transition landing 	 Flipping transition landing 	 Flipping transition landing 	Flipping transition starting
Roll/Flip	below prep level	at prep level	extended	at prep or above, landing
Ron/Thp	 Rolling transition to prep 	•1/2 twisting flipping	1/2 twisting flipping	extended
	and below	transition landing below	transition landing at prep	•1/2 twist flipping
		prep level	level	transition landing extended
		 Full twisting flipping 	Rolling transition to	 Flipping transition landing
		transition to below prep	extended position - 1 bracer	extended with minimal
		level	 Full twisting flipping 	bases
		Rolling transition to	transition to prep level	 Full twisting flipping
		extended position - 2		transition to extended level
		bracers		
				8/19/2020