

STUNTS

| INVERSION STYLE | RELEASE STYLE | TWISTING | COMBINATION/OTHER SKILLS | COED STYLE | DISMOUNT |
|---|--|--|---|--|--|
| LEVEL APPROPRIATE | | | | | |
| <ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL | <ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE TO EXTENDED STUNT | <ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT | <ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW | ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION | <ul style="list-style-type: none"> PANCAKE |
| ADVANCED LEVEL APPROPRIATE | | | | | |
| <ul style="list-style-type: none"> EXTENDED INVERTED STUNT | <ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENSION | <ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB | ASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT | <ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT |
| ELITE LEVEL APPROPRIATE | | | | | |
| <ul style="list-style-type: none"> RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT | <ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) | <ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 1/2 TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL TWISTING TRANSITION AT EXTENDED LEVEL | <ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION FULL TWISTING INVERSION TO EXTENDED STUNT | UNASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT | <ul style="list-style-type: none"> DOUBLE DOWN FROM PREP STUNT/EXTENSION KICK FULL TWISTING DISMOUNT |

TOSES

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

STANDING TUMBLING

| LEVEL APPROPRIATE | ADVANCED LEVEL APPROPRIATE | ELITE LEVEL APPROPRIATE |
|---|--|--|
| <ul style="list-style-type: none"> BACK TUCK BACKWARD ROLL - TUCK | <ul style="list-style-type: none"> BHS SERIES - TUCK ONODI BWO - TUCK | <ul style="list-style-type: none"> BACK EXTENSION ROLL - TUCK VALDEZ - TUCK |
| | | <ul style="list-style-type: none"> BHS/BHS STEP OUT - TUCK JUMP - BHS SERIES - TUCK JUMP - BHS - TUCK |

RUNNING TUMBLING

| LEVEL APPROPRIATE | ADVANCED LEVEL APPROPRIATE | ELITE LEVEL APPROPRIATE |
|---|--|---|
| <ul style="list-style-type: none"> CARTWHEEL - TUCK FWD - CW - TUCK ROUND OFF - LAYOUT ROUND OFF - ONODI FRONT AERIAL FRONT AERIAL - RO - TO - TUCK | <ul style="list-style-type: none"> PF STEP OUT - AERIAL ROUND OFF - BHS SERIES - LAYOUT PF STEP OUT - RO - TO - TUCK AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT FWD - AERIAL - TUCK ROUND OFF - TO - WHIP/TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWD - ROUND OFF - TO - WHIP/TUCK - TO - TUCK PF STEP OUT - RO - TO - WHIP/TUCK T - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK | <ul style="list-style-type: none"> ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ROUND OFF - ONODI - TO - LAYOUT FRONT WALKOVER - RO - TO - LAYOUT FRONT AERIAL - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT FWD - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT |