

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Downward inversion from extended stunt - Downward inversion from extended 1 leg stunt - Released inversion from prep level or above to extension - Released inversion from prep level or above to extended lib - Rewind to waist level stunt (L6)	- Tic toc lib to lib (high to high) - Tic toc lib to lib (low to high) - Tic toc lib to body position (low to high)	- Full twisting transition to extended body position 1 ¼ - 1 ¾ twisting transition to extension	1 ½ - 2 twist to prone - Twisting helicopter release moves 1/4 - 3/4 twisting tic toc to extended 1 leg stunt 1/2 twisting release from ground level (switch up) to extended 1 leg stunt 1/2 twisting release from waist level (ball up) to extended 1 leg stunt 1/4 - 1/2 twisting back handspring up to prep stunt (L6)	Assisted or Unassisted: - Walk in / toss extension - Walk in / toss hands press extended 1 leg stunt - Walk in / toss extended 1 leg stunt	Double twisting dismount from extended lib to cradle
ADVANCED SKILLS					
- Rewind to prep stunt (L6) - Released inversion from prep level hand in hand to extended 1 leg stunt	Tic toc lib to body position (high to high)	1 ½ twisting transition to / at extended lib 1 ¾ twisting transition to / at extended lib (L6) - Double twisting transition to / at extension 2 ¼ twisting transition to / at extension (L6)	- Full twisting tic toc to extended lib (low to high) - Full twisting release from ground level (switch up) to extended lib 1/4 twisting back handspring up to body position (L6) 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt (L6) 1 ½ twisting release from ground level (switch up) to extended lib	Assisted: - Toss extended 1 leg stunt - Toss extended 1 arm stunt - Toss full up to extended stunt - Rewind to prep stunt (L6)	Double twisting dismount from extended body position to cradle
ELITE SKILLS					
- Released inversion from prep level hand in hand to extended body position - Released inversion from extended hand in hand to extension - Rewind to extended stunt (L6)	Tic toc body position to body position (high to high)	1 ½ twisting transition to / at extended body position 1 ¾ twisting transition to / at extended body position (L6) - Double twisting transition to / at extended 1 leg stunt (L6)	- Full twisting tic toc to extended lib (high to high) 1/2 twisting back handspring up to extended stunt (L6) 1/2 twisting released inversion from prep level or above to extended body position (L6) 1/2 twisting front handspring up to extended stunt (L6) 1 - 1 ½ twisting release from ground level (switch up) to extended body position 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) - Full twisting release from waist level (ball up) to extended body position - Full twisting tic toc to extended body position (low to high)	Unassisted: - Toss extended 1 leg stunt - Toss extended 1 arm stunt - Toss full up to extended stunt The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position Unassisted: - Rewind to extended stunt (L6) - Front handspring 1/2 up to extended stunt (L6) - Extended hand in hand to extended stunt	- Full kick full twisting dismount to cradle (L6) - Kick double twisting dismount to cradle (L6)

TOSSES

NON - TWISTING	TWISTING
- Pike hitch kick - Pike kick lib - Pike switch kick - Hitch kick kick	- Ball double full (L6) - Pike double full (L6) - Kick double full (L6) - Toe touch double full (L6) - Double up toe touch (L6) - Hitch kick double full (L6) - Switch kick double full (L6) - Kick full kick full (L6)

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• ADVANCED JUMP BACK TUCK	• BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL	• ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• CARTWHEEL - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL • FWO - TO - FULL • SIDE AERIAL / FRONT AERIAL - FULL • RO - TO - ONODI - TO - FULL • FRONT FULL	• RO - BHS - KICK FULL / FULL STEP OUT • PF STEP OUT - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT	• RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL