

FUTURE CHEER 2017-2018 - LEVEL APPROPRIATE SKILLS

STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	> INVERSION TO GROUND LEVEL	> SWITCH UP TO LIB BELOW PREP LEVEL > SWITCH UP TO BODY POSITION BELOW PREP LEVEL > TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL > 1/4 DOWN TO GROUND LEVEL > 1/4 TWISTING TRANSITION FROM PREP LEVEL	> STEP DOWN > STRAIGHT CRADLE	> BACK STAND > PREP LEVEL SHOW AND GO > STRADDLE SIT > FLAT BACK > EXTENDED STRADDLE SIT > BELOW PREP LEVEL 1 LEG STUNT > EXTENDED FLAT BACK > PREP LEVEL 1 LEG STUNT WITH BRACER > PREP LEVEL TO PRONE > COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS > 1 LEG STUNT BELOW PREP LEVEL > SHOULDER SIT > CHAIR
ELITE LEVEL APPROPRIATE		> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	> 1/4 TWISTING TRANSITION TO PREP		> PREP LEVEL BODY POSITION STUNT WITH BRACER > 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL > INVERSION FROM GROUND LEVEL TO PREP LEVEL	> SWITCH UP TO LIB PREP LEVEL > TIC TOC PREP LEVEL (LIB TO LIB) > TIC TOC PREP LEVEL (LIB TO BODY POSITION)	> 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL > 1/2 TWISTING TRANSITION TO PREP LEVEL > 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT > 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION > 1/4 TWISTING TRANSITION TO EXTENDED STUNT	> STRAIGHT CRADLE FROM EXTENSION > STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION > 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION	> PRONE > PREP LEVEL 1 LEG STUNT > EXTENSION > BARREL ROLL > LEAP FROG VARIATIONS > 1/2 TWIST TO PRONE > COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY > WALK IN PREP LEVEL PRESS EXTENSION
ELITE LEVEL APPROPRIATE	> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	> TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	> 1/2 TWISTING TRANSITION TO EXTENDED STUNT		> 1/2 TWISTING INVERSION TO EXTENDED STUNT > 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT > 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	> INVERTED BELOW PREP LEVEL > INVERTED AT PREP LEVEL > DOWNWARD INVERSION FROM BELOW PREP LEVEL	> RELEASE TO PREP LEVEL OR BELOW > BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL LIB > BELOW PREP LEVEL TOR BELOW PREP LEVEL TIC TOC (LIB TO LIB) > BELOW PREP LEVEL TO PREP LEVEL TIC TOC (LIB TO LIB)	> FULL UP BELOW PREP LEVEL > FULL UP PREP LEVEL STUNT > 1/4 UP TO EXTENDED 1 LEG STUNT > FULL UP TO PREP LEVEL STUNT 1 LEG STUNT > PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	> STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT > FULL DOWN FROM PREP > 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG > FULL DOWN FROM EXTENSION > SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	> FULL TWIST TO PRONE FROM PREP LEVEL > EXTENDED 1 LEG STUNT > SUSPENDED FRONT FLIP > SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) > SUSPENDED TWISTING FRONT FLIP > COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY > TOSS HANDS > SINGLE BASED 1 LEG EXTENDED STUNTS > TOSS HANDS PAUSE PRESS EXTENSION > WALK IN EXTENSION
ELITE LEVEL APPROPRIATE	> INVERSION TO EXTENDED 1 LEG STUNT	> LIB TO EXTENDED BODY POSITION TIC TOC > BALL UP, STRADDLE UP AND/OR RELEASE TO BODY POSITION	> FULL UP TO PREP LEVEL BODY POSITION > 1/2 UP TO EXTENDED 1 LEG STUNT > PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION		> 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT

LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> > RELEASED INVERSION TO PREP OR BELOW >RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL >DOWNWARD INVERSION FROM PREP LEVEL >EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> > SWITCH UP TO EXTENDED 1 LEG STUNT > RELEASE TO EXTENDED STUNT > LIB TO LIB TIC TOC (HIGH TO LOW) > HELICOPTER RELEASE MOVES > RELEASE TO EXTENDED LIB > SWITCH UP TO BODY POSITION > FULL TWISTING RELEASE TO PREP LEVEL OR BELOW > RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> > 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL > 3/4 TWISTING TRANSITION TO EXTENDED STUNT > FULL UP TO EXTENDED STUNT > 1 1/2 TWISTING TRANSITION TO PREP LEVEL > 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> > FULL DOWN FROM EXTENDED 1 LEG STUNT > DOUBLE DOWN FROM PREP LEVEL > DOUBLE DOWN FROM EXTENDED STUNT > KICK FULL TWISTING DISMOUNT 	<ul style="list-style-type: none"> >COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY >TOSS EXTENSION >TOSS 1 LEG EXTENDED STUNT
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> > RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> > TIC TOCK EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) > BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> > 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION > EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> > FULL TWISTING INVERSION TO EXTENDED STUNT > FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT > FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION > 1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> > DOWNWARD INVERSION FROM EXTENDED STUNT > DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT > RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> >1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT > LIB TO LIB TIC TOCS (HIGH TO HIGH) > LIB TO LIB TIC TOCS (LOW TO HIGH) > 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT > LIB TO BODY POSITION TIC TOC (HIGH TO HIGH) > LIB TO BODY POSITION TIC TOC (LOW TO HIGH) > TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> > FULL UP TO EXTENDED 1 LEG STUNT > 1 1/4 UP TO EXTENDED STUNT > DOUBLE UP TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> > DOUBLE DOWN FROM 1 LEG STUNT > KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> > 1 1/2 -2 TWIST TO PRONE > COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY > TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT > TOSS EXTENDED 1 ARM STUNT > TOSS FULL TWIST TO EXTENDED STUNT
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> > RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> > TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) > SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT > 1/2 BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> > FULL UP TO EXTENDED BODY POSITION > 1 1/2 UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> > 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT

LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> > DOWNWARD INVERSION FROM EXTENDED STUNT > DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT > RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> >1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT > LIB TO LIB TIC TOCS (HIGH TO HIGH) > LIB TO LIB TIC TOCS (LOW TO HIGH) > 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT > LIB TO BODY POSITION TIC TOC (HIGH TO HIGH) > LIB TO BODY POSITION TIC TOC (LOW TO HIGH) > TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> > FULL UP TO EXTENDED 1 LEG STUNT > 1 1/4 UP TO EXTENDED STUNT > DOUBLE UP TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> > DOUBLE DOWN FROM 1 LEG STUNT > KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> > 1 1/2 -2 TWIST TO PRONE > COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY > TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT > TOSS EXTENDED 1 ARM STUNT > TOSS FULL TWIST TO EXTENDED STUNT
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> >RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> > SWITCH UP FULL TWIST TO EXTENDED BODY POSITION > TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) > FULL TWISTING BALL UP TO BODY POSITION 	<ul style="list-style-type: none"> > 1 1/2 UP TO EXTENDED BODY POSITION > DOUBLE UP TO EXTENDED 1 LEG STUNT > 1 3/4 UP TO EXTENDED BODY POSITION 		<ul style="list-style-type: none"> > UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT > COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT > COED STYLE TOSS FULL TWIST TO EXTENDED STUNT > FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) > TOSS FRONT HANDSPRING 1/2 UP RELEASE TO EXTENDED STUNT

LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> >FREE FLIPPING FROM GROUND LEVEL TO CRADLE >FLIPPING FROM GROUND LEVEL TO PREP LEVEL >FLIPPING FROM GROUND LEVEL TO EXTENSION >DOWNWARD INVERSION FROM EXTENDED STUNT >DOWNWARD INVERSION FROM 1 LEG STUNT >RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION >RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> >1/4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT >LIB TO LIB TIC TOCS (HIGH TO HIGH) >LIB TO LIB TIC TOCS (LOW TO HIGH) >1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT >LIB TO BODY POSITION TIC TOC (HIGH TO HIGH) >LIB TO BODY POSITION TIC TOC (LOW TO HIGH) >TWISTING HELICOPTER RELEASE MOVES >SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT >1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> >FREE FLIPPING TWISTING FROM GROUND LEVEL TO CRADLE >FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL >FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION >1 1/4 - 1 3/4 UP TO EXTENDED STUNT >1 1/4 - 1 3/4 UP TO 1 LEG STUNT >DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> >FRONT FREE FLIPPING TO GROUND LEVEL >FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE >FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE >DOUBLE DOWN FROM 1 LEG STUNT >KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> >1 1/2 - 2 TWIST TO PRONE >COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY >COED STYLE TOSS 1/4-3/4 TWIST TO EXTENDED STUNT >COED STYLE TOSS EXTENDED 1 ARM STUNT >1/4-3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> >FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT >RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> >SWITCH UP FULL TWIST TO EXTENDED BODY POSITION >BODY POSITION TO BODY POSITION TIC TOC (HIGH TO HIGH) >FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> >FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG >1 1/2 UP TO EXTENDED BODY POSITION >1 3/4 UP TO EXTENDED BODY POSITION >DOUBLE UP TO EXTENDED BODY POSITION 		<ul style="list-style-type: none"> >BACK HANDSPRING FULL UP TO STUNT > UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT >FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT >COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT >COED STYLE TOSS FULL TWIST TO EXTENDED STUNT >FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LIB TO BODY POSITION) >FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT

PYRAMIDS

LEVEL 1

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS	>BRACED STUNT SKILLS >BRACED SWITCH UP TO PREP LEVEL >BRACED PREP LEVEL TIC TOCS	>BRACED STUNTS SKILLS >BRACED 1/4 TWIST TO/FROM PREP LEVEL SINGLE LEG >BRACED 1/4 TWIST TO/FROM EXTENDED DOUBLE LEG	>STUNT SKILLS >CRADLE FROM PREP LEVEL SINGLE LEG	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 2

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS >BRACED INVERSION FROM GROUND TO EXTENDED SINGLE LEG STUNT	>BRACED STUNT SKILLS >BRACED SWITCH UP TO EXTENDED SINGLE LEG >BRACED PREP LEVEL TO EXTENDED SINGLE LEG TIC TOC	>BRACED STUNT SKILLS >BRACED 1/2 TWISTING TRANSITION TO/FROM EXTENDED SINGLE LEG	>STUNT SKILLS >STRAIGHT CRADLE FROM EXTENDED SINGLE LEG >1/4 CRADLE FROM EXTENDED SINGLE LEG POSITION	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 3

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS	>BRACED STUNT SKILLS >BRACED RELEASE TO EXTENDED 2 LEG, ARM BRACED ON 2 SIDES >BRACED RELEASE TO EXTENDED SINGLE LEG, ARM BRACED ON 2 SIDES	>BRACED STUNT SKILLS >BRACED FULL UP TO EXTENDED TWO LEG	>STUNT SKILLS	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 4

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS >RELEASED BRACED INVERSIONS, BRACED ON 2 SIDES	>BRACED STUNT SKILLS >BRACED RELEASE TO EXTENDED POSITION, BRACE ON 1 SIDE >BRACED RELEASES THAT INVOLVE CHANGING BASES	>BRACED STUNT SKILLS >BRACED FULL UP TO EXTENDED SINGLE LEG >BRACED 1 1/2 TWIST TO EXTENDED DOUBLE LEG	>STUNT SKILLS	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS >RELEASED BRACED INVERSIONS, BRACED ON 1 SIDE	>BRACED STUNT SKILLS >RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES		>STUNT SKILLS	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 5

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED STUNT SKILLS >RELEASED BRACED INVERSIONS, BRACED ON 1 SIDE >RELEASED BRACED INVERSIONS WITH 1/2 TWIST >RELEASED BRACE 3/4 FLIPPING INVERSIONS WITH MORE THAN 1/2 TWIST	>BRACE STUNT SKILLS >RELEASED BRACED INVERSION THAT INVOLVE CHANGING BASES >RELEASED BRACED TWISTING INVERSIONS THAT INVOLVE CHANGING BASES		>STUNT SKILLS	>BRACED STUNT SKILLS >BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

LEVEL 6

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
>BRACED FLIPPING MOUNTS TO 2.5 HIGH STRUCTURES >FREE FLIPPING MOUNTS TO 2.5 HIGH STRUCTURES	>NON-TWISTING RELEASE MOVES ABOVE 2.5 HIGH >FREE FLYING MOUNTS (NON-FLIPPING) TO 2.5 HIGH STRUCTURES	>TWISTING RELEASE MOVES ABOVE 2.5 HIGH	>CRADLES AND POP OFFS FROM 2.5 HIGH STRUCTURES (NON-TWISTING) >3/4 FRONT FLIPPING DISMOUNT FROM 2.5 HIGH STRUCTURES >TWISTING CRADLES AND POPP OFFS FROM 2.5 HIGH STRUCTURES	

TOSSES

LEVEL 2

NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON-TWISTING	TWISTING
BALL ARCH - PRETTY GIRL ARCH - PIKE ARCH - KICK ARCH - BALL X -TOE TOUCH	FULL TWIST

LEVEL 4

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

LEVEL 5 YOUTH

NON-TWISTING	TWISTING
PIKE HITCH KICK - PIKE KICK PRETTY GIRL - PIKE SWITCH KICK - HITCH KICK KICK	KICK FULL - DOUBLE FULL - HITCH KICK FULL - SWITCH KICK FULL - KICK KICK FULL - PIKE KICK KICK FULL - KICK FULL KICK

LEVEL 5 JUNIOR RESTRICTED AND SENIOR RESTRICTED

NON-TWISTING	TWISTING
PIKE HITCH KICK - PIKE KICK PRETTY GIRL - PIKE SWITCH KICK - HITCH KICK KICK	HITCH KICK FULL - SWITCH KICK FULL - KICK KICK FULL - PIKE KICK KICK FULL - KICK FULL KICK - FULL KICK FULL - PIKE DOUBLE FULL - KICK DOUBLE FULL - TOE TOUCH DOUBLE FULL - DOUBLE UP TOE TOUCH

LEVEL 5

NON-TWISTING	TWISTING
PIKE HITCH KICK - PIKE KICK PRETTY GIRL - PIKE SWITCH KICK - HITCH KICK KICK	BALL DOUBLE FULL - PIKE DOUBLE FULL - KICK DOUBLE FULL - TOE TOUCH DOUBLE FULL - DOUBLE UP TOE TOUCH - HITCH KICK DOUBLE FULL - SWITCH KICK DOUBLE FULL - KICK FULL KICK FULL

LEVEL 6

NON-TWISTING	TWISTING
TUCK - X-OUT - PIKE - LAYOUT	LAYOUT FULL - LAYOUT DOUBLE FULL - X-OUT FULL - SLIPT FULL - ARABIAN 1 1/2 - PIKE OPEN DOUBLE FULL

TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL - STRADDLE ROLL - HAND STAND - HAND STAND FORWARD ROLL - ROLL FRONT LIMBER - FRONT WALK OVER - CARTWHEEL - BACKWARD ROLL - BACK EXTENSION ROLL - PUSH UP TO BACKBEND - STANDING BACKBEND - BACKBEND KICK OVER - BACK WALK OVER - CONNECTED SKILLS (CARTWHEEL/BACK WALK OVER)	ROUND OFF - CARTWHEEL BACK WALKOVER - FRONT WALKOVER - FRONT WALKOVER TO CARTWHEEL/ROUND OFF - CARTWHEEL 1/2 TURN FRONT WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING - BACK HANDSPRING STEP OUT - BACK EXTENSION ROLL BACK HANDSPRING - BACK WALKOVER BACK HANDSPRING	FRONT HANDSPRING - CARTWHEEL BHS - ROUND OFF BHS - ROUND OFF BHS SERIES - FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
SERIES BHS - JUMP TO BHS - JUMP TO BHS SERIES - BHS SERIES JUMP BHS SERIES - BHS STEP OUT BHS COMBO	ARIELS - PUNCH FRONT - ROUND OFF TUCK - ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK - FRONT WALKOVER TO ROUND OFF BHS BACK TUCK - FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK - BHS BACK TUCK - SERIES TO BACK TUCK - JUMP BHS BACK TUCK - BACK WALKOVER BHS BACK TUCK - BHS SERIES TO LAYOUT - BHS BACK TUCK BHS BACK TUCK - BHS BACK TUCK BHS LAYOUT - JUMP TO BHS SERIES TO BACK TUCK/LAYOUT - BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT	CARTWHEEL BACK TUCK - ROUND OFF LAYOUT - ROUND OFF BHS LAYOUT/LAYOUT STEPOUT/X-OUT - ROUND OFF BHS SERIES TO LAYOUT - FRONT WALKOVER THROUGH TO LAYOUT - PUNCH FRONT STEP OUT TO LAYOUT - ROUND OFF BHS SERIES TO LAYOUT - ROUND OFF BHS WHIP BHS TO LAYOUT - PUNCH FRONT STEP OUT BHS WHIP BHS TO BACK TUCK - PUNCH FRONT STEP OUT BHS WHIP BHS TO LAYOUT - FRONT HANDSPRING PUNCH FRONT STEP OUT - FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5 YOUTH, JUNIOR RESTRICTED AND SENIOR RESTRICTED

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK - BHS SERIES TO FULL - JUMP BHS SERIES TO FULL - BHS WHIP TO BHS SERIES TO FULL	ROUND OFF FULL - ROUND OFF BHS FULL - FRONT WALKOVER THROUGH TO FULL - PUNCH FRONT STEP OUT TO FULL - ROUND OFF WHIP BHS TO FULL

LEVEL 5 & 6

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK - STANDING FULL - BHS FULL - SERIES TO FULL - JUMP BHS FULL - BHS SERIES TO FULL - JUMP BHS SERIES TO FULL - BHS WHIP TO BHS SERIES TO FULL - SERIES TO DOUBLE FULL - JUMP BHS SERIES TO DOUBLE FULL - BHS WHIP TO BHS SERIES TO DOUBLE FULL	CARTWHEEL FULL - ROUND OFF FULL - ROUND OFF BHS FULL - FRONT WALKOVER THROUGH TO FULL - PUNCH FRONT STEP OUT TO FULL - ROUND OFF BHS WHIP TO FULL - ROUND OFF ARABIAN ROUND OFF BHS FULL - ROUND OFF BHS FULL BHS SERIES TO FULL - ROUND OFF DOUBLE FULL - ROUND OFF BHS DOUBLE FULL - FRONT WALKOVER THROUGH TO DOUBLE FULL - ROUND OFF BHS WHIP TO DOUBLE FULL - ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL - ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL - ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL