



2019 LEVEL 1-7 SKILL LIST - BUILDING

		LEVEL 1				
		INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	INVERSION AT 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)	$\frac{1}{4}$ TWISTING TRANSITION TO BELOW PREP LEVEL $\frac{1}{4}$ TWISTING TRANSITION DOWN TO GROUND LEVEL $\frac{1}{4}$ TWISTING TRANSITION FROM PREP LEVEL	STEP DOWN STRAIGHT CRADLE	BACK STAND PREP LEVEL SHOW AND GO V-SIT FLAT BACK EXTENDED V-SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 2 LEG STUNT PREP LEVEL TO PRONE SHOULDER SIT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY SHOULDER STAND PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE	
	ELITE LEVEL APPROPRIATE	TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	$\frac{1}{4}$ TWISTING TRANSITION TO PREP		TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE $\frac{1}{4}$ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE	

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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)	½ TWISTING TRANSITION TO BELOW PREP LEVEL ½ TWISTING TRANSITION TO PREP LEVEL ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION ¼ TWISTING TRANSITION TO EXTENDED STUNT LOG ROLL	STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION	PRONE PREP LEVEL 1 LEG STUNT EXTENSION LEAP FROG VARIATIONS ½ TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	INVERSIONFROM GROUND LEVEL TO EXTENDED STUNT	TIC TOC PREP LEVEL(BODY POSITION TO BODY POSITION)	½ TWISTING TRANSITION TO EXTENDED STUNT		½ TWISTING INVERSION TO EXTENDED STUNT ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

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2019 LEVEL 1-7 SKILL LIST - BUILDING

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 SWITCH UP TO PREP LEVEL LIB BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)	FULL UP BELOW PREP LEVEL FULL UP PREP LEVEL STUNT ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL UP PREP LEVEL 1 LEG STUNT FULL UP TO EXTENDED 2 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP ¼ 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 TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	INVERSION TO EXTENDED 1 LEG STUNT	TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION SWITCH UP TO PREP LEVEL BODY POSITION BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION	FULL UP TO PREP LEVEL BODY POSITION ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT		FULL TWISTING INVERSION TO EXTENDED STUNT ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

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2019 LEVEL 1-7 SKILL LIST - BUILDING

LEVEL 4					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT	SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL	1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL ¾ TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED 2 LEG STUNT 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	KICK FULL TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT FROM 2 LEG STUNT 1-1 ¼ DISMOUNT FROM 1 LEG STUNT UP TO 2 SKILLS DISMOUNT TO CRADLE	TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT	TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) BALL UP, STRADDLE UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)	1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 1 ½ UP TO EXTENDED STUNT 1-1 ½ UP TO EXTENDED ONE LEG STUNT		FULL TWISTING INVERSION TO EXTENDED STUNT 1-1 ½ TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

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LEVEL 5					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT	¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) LIB TO LIB TIC TOC (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES	FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ UP TO EXTENDED STUNT 2-2 ¼ UP TO PREP LEVEL STUNT	KICK DOUBLE TWISTING DISMOUNT 2-2 ¼ TWISTING DISMOUNT 1 LEG STUNT UP TO 3 TRICK DISMOUNT TO CRADLE	1 ½ -2 TWIST TO PRONE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT	TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ BALL UP TO EXTENDED BODY POSITION 1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT	FULL UP TO EXTENDED BODY POSITION 1 ½ UP TO EXTENDED STUNT 2-2 ¼ UP TO EXTENDED STUNT		¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)

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LEVEL 6					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT8 TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION	FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT 2 - 2 ¼ UP TO EXTENDED STUNT	KICK DOUBLE TWISTING DISMOUNT 2 - 2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT DISMOUNT FROM INVERSION WITH ½ TWIST	1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION BACKWARDS FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE (REWIND)	SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 1 ½ - 2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT	1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION 2 - 2 ¼ TO EXTENDED 1 LEG STUNT		UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ 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 ½ UP RELEASE TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

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2019 LEVEL 1-7 SKILL LIST - BUILDING

LEVEL 7					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	FREE FLIPPING FROM GROUND LEVEL TO CRADLE FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL FREE FLIPPING FROM GROUND LEVEL TO EXTENSION 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 LIB	¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (LOW/HIGH TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION	FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT 2 - 2 ¼ UP TO EXTENDED STUNT	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 2 - 2 ¼ TWISTING DISMOUNT FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT	1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND	SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 1 ½ - 2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT	FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION 2 - 2 ¼ TO EXTENDED 1 LEG STUNT		BACK HANDSPRING FULL UP TO EXTENDED STUNT UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FRONT HANDSPRING ½ UP TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

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2019 LEVEL 1-7 SKILL LIST - JUMPS & TUMBLING

JUMPS

BASIC JUMPS	ADVANCED JUMPS
SPREAD EAGLE/ STAR JUMP TUCK JUMP	PIKE RIGHT/LEFT HURDLER (FRONT OR SIDE) TOE TOUCH

LEVEL 1		LEVEL 2		LEVEL 3	
STANDING TUMBLING	RUNNING TUMBLING	STANDING TUMBLING	RUNNING TUMBLING	STANDING TUMBLING	RUNNING TUMBLING
FORWARD ROLL	CARTWHEEL	STANDING BACK HANDSPRING	CARTWHEEL BACK HANDSPRING	BACK HANDSPRING SERIES	AERIAL CARTWHEEL
STRADDLE ROLL	FRONT WALKOVER	BACK HANDSPRING STEP OUT	ROUND OFF BACK HANDSPRING	JUMP TO BACK HANDSPRING	PUNCH FRONT
HANDSTAND	ROUND OFF	BACK EXTENSION ROLL BACK HANDSPRING	ROUND OFF BACK HANDSPRING STEP OUT	JUMP TO BACK HANDSPRING SERIES	ROUND OFF TUCK
HANDSTAND FORWARD ROLL	CARTWHEEL BACK WALKOVER	BACK WALKOVER BACK HANDSPRING	ROUND OFF BACK HANDSPRING SERIES	BACK HANDSPRING SERIES JUMP BACK HANDSPRING SERIES	ROUND OFF BACK HANDSPRING BACK TUCK
FRONT LIMBER	FRONT WALKOVER TO CARTWHEEL/ROUND OFF		FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES	BACK HANDSPRING STEP OUT BACK HANDSPRING COMBO	ROUND OFF BACK HANDSPRING SERIES TO BACK TUCK
CARTWHEEL	CARTWHEEL ½ TURN FRONT WALKOVER		FRONT HANDSPRING		FRONT WALKOVER TO ROUND OFF BACK HANDSPRING BACK TUCK
BACKWARD ROLL	CONNECTED SKILLS		FLY HANDSPRING		FRONT WALKOVER TO ROUND OFF BACK HANDSPRING SERIES BACK TUCK
BACK EXTENSION ROLL	CARTWHEEL/BACK WALKOVER		FORWARD WALKOVER FRONT HANDSPRING		
PUSH UP TO BRIDGE			FRONT HANDSPRING ROUND OFF BACK HANDSPRING		
STANDING TO BRIDGE					
BRIDGE KICKOVER					
FRONT WALKOVER					
BACK WALKOVER					

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2019 LEVEL 1-7 SKILL LIST - TUMBLING

LEVEL 4		LEVEL 5	
STANDING TUMBLING	RUNNING TUMBLING	STANDING TUMBLING	RUNNING TUMBLING
STANDING BACK TUCK	CARTWHEEL BACK TUCK	JUMP BACK TUCK	ROUND OFF FULL
BACK HANDSPRING BACK TUCK	ROUNDOFF LAYOUT	BACK HANDSPRING SERIES TO WHIPS AND LAYOUT	ROUND OFF BACK HANDSPRING FULL
BACK HANDSPRING SERIES TO BACK TUCK	ROUNDOFF BACK HANDSPRING LAYOUT/LAYOUT STEP OUT/ X-OUT	JUMP BACK HANDSPRING SERIES TO WHIPS AND LAYOUTS	FRONT WALKOVER THROUGH TO FULL
JUMP BACK HANDSPRING BACK TUCK	ROUND OFF BACK HANDSPRING SERIES TO LAYOUT	BACK HANDSPRING SERIES WHIP BACK HANDSPRING SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT	PUNCH FRONT STEP OUT TO FULL
JUMP BACK HANDSPRING SERIES TO BACK TUCK	FRONT WALKOVER THROUGH TO LAYOUT	BACK HANDSPRING WHIP/TUCK/LAYOUT TO WHIP/ TUCK/LAYOUT	ROUNDOFF WHIP BACK HANDSPRING TO FULL
BACK HANDSPRING WHIP BACK HANDSPRING SERIES TO TUCK/LAYOUT	PUNCH FRONT STEP OUT TO LAYOUT		
ONODI	ROUND OFF BACK HANDSPRING SERIES TO LAYOUT		
BACK HANDSPRING SERIES LAYOUT	ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO LAYOUT		
BACK HANDSPRING TUCK BACK HANDSPRING TUCK	PUNCH FRONT STEP OUT TO ROUND OFF BACK HANDSPRING WHIP BACK HANDSPRING TO BACK TUCK		
BACK HANDSPRING TUCK BACK HANDSPRING LAYOUT	FRONT HANDSPRING PUNCH FRONT		
JUMP BACK HANDSPRING SERIES LAYOUT	FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BACK HANDSPRING BACK TUCK/ LAYOUT		
JUMP BACK HANDSPRING SERIES TO TUCK/LAYOUT	ONODI		
	FRONT AERIAL		

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2019 LEVEL 1-7 SKILL LIST - TUMBLING

		LEVEL 6 & 7	
		STANDING TUMBLING	RUNNING TUMBLING
LEVEL APPROPRIATE	JUMP BACK TUCK		CARTWHEEL FULL ROUND OFF BACK HANDSPRING FULL FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL FRONT FULL
	ELITE LEVEL APPROPRIATE	STANDING FULL JUMP FULL BACK HANDSPRING FULL JUMP BACK HANDSPRING FULL BACK HANDSPRING SERIES TO FULL JUMP BACK HANDSPRING SERIES TO FULL BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO FULL BACK HANDSPRING SERIES TO DOUBLE FULL JUMP BACK HANDSPRING SERIES TO DOUBLE FULL BACK HANDSPRING WHIP TO BACK HANDSPRING SERIES TO DOUBLE FULL	FRONT HANDSPRING FRONT FULL PUNCH FRONT STEPOUT TO FULL ROUNDOFF BACK HANDSPRING WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BACK HANDSPRING FULL ROUND OFF BACK HANDSPRING FULL BACK HANDSPRING SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BACK HANDSPRING DOUBLE FULL FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL ROUND OFF BACK HANDSPRING WHIP TO DOUBLE FULL ROUND OFF BACK HANDSPRING DOUBLE FULL BACK HANDSPRING SERIES TO DOUBLE FULL

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2019 LEVEL 1-7 SKILL LIST - TOSSES

LEVEL 2	
NON-TWISTING	TWISTING
STRAIGHT RIDE TOSS <i>NOTE: TOSSES ARE ILLEGAL IN MINI DIVISION.</i>	N/A

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 HITCH FULL TOE TOUCH FULL FULL UP TOE TOUCH DOUBLE FULL

LEVEL 5	
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 FULL KICK FULL KICK

LEVEL 6	
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 7	
NON-TWISTING	TWISTING
TUCK X-OUT PIKE LAYOUT	LAYOUT FULL LAYOUT DOUBLE FULL X-OUT FULL SPLIT FULL ARABIAN 1 ½ PIKE OPEN DOUBLE FULL

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