



Beginner

Intermediate

Advanced

Level 1

Straight Cradle
Tic Toc Below Prep Level (Libs)
Step Down Dismount

Tic Toc Below Prep Level (Body Positions)
1/4 Twisting Transition Below Prep Level
1/4 Twist to Ground Level

Inversion to Ground Level
1/4 Transition to Prep
Prep Level Body Position With Brace
1/4 Twist Transition to One Leg (Braced)

Level 2

Straight Cradle from Prep Level
Prone
Barrel Roll
Tic Toc Prep Level (Lib to Lib)
Inversion from Ground to Below Prep

Tic Toc Prep Level (Body Positions)
1/4 Twist Dismount
Inversion from Ground to Prep Level
Leap Frog Variation
Extended Two Legs

Half Up To Extension Two Legs
Inversion from Ground to Extension
1/2 Twisting Inversion to Extension
Straight Cradle Toss

Level 3

Below Prep Level to Prep Tic Toc
Extended One Leg Stunt
Suspended Front Flip
Inverted Below Prep Level

Straight Cradle from One Leg Extension
1/2 Twist to Extended One Leg
Full Up to Prep Level
Ball Up To Prep Level Body Position

1/2 Twisting Inversion to Extended One Leg
Full Twist Dismount from Extension and Toss
Suspended Twisting Front Flip Dismount
Full Up to Prep Level One Leg

Level 4

Downward Inversion from Prep Level
Switch Up to Extended Body Position
Inversion to Prep

Double Twist Dismount from Prep
1 1/2 Transition to Prep
Full Up to Extension
High to Low Release

Ball Up To Extended Body Position
1 1/2 Transition to Prep Body Position
Double Twist Dismount from Extension
Two Element Toss (Kick Full)

Level 5

Double Twist Dismount from One Leg
1 1/2 Twist to Prone
Released Inversion from Prep to Lib
Low to High Tic Toc
Full Up to Extended One Leg

Kick Double Dismount
Double Twist to Prone
High to High Tic Toc
Released Inversion from Prep to One Leg
1/2 Twisting Ball Up

Full Twisting Ball Up To Extension One Leg
Full Twisting Tic Toc to Extended One Leg
Front Handspring 1/2 Up to Extension