



Beginner

Intermediate

Advanced

Level 1

Forward Roll
Backward Roll
Bridge
Cartwheel
Round Off

Bridge Kick Over
Jump to Forward Roll
Handstand Forward Roll
Front Limber

Back Walkover / Series
Front Walkover
Specialty Series

Level 2

Standing BHS
4 Jumps Pause BHS
BHS Pause BHS
Round off BHS
Front Handspring

Straight Jump BHS
BWO BHS
BWO BHS Step Out Into RO BHS
RO Series BHS

BWO BHS Step Out Into Specialty
FWO BHS Series
Specialty Series

Level 3

Standing 2 BHS
Jump to BHS
RO BHS Tuck

Standing 3 BHS
4 Jumps to BHS
Jumps to 2 BHS
FWO RO BHS Tuck

4 Jumps to 2 BHS
Jumps BHS Step Out RO BHS Tuck
FWO RO BHS Step Out RO BHS Tuck

Level 4

Standing Tuck
Jump to BHS Tuck
BHS to Tuck
RO BHS Layout

4 Jumps to BHS Tuck
Standing BHS to Layout
FWO to RHS Layout

BHS Whip to BHS Layout
Punch Front / Whip to RO BHS Layout
Jumps to All Standing

Level 5

4 Jumps to Tuck
2 BHS to Full
RO BHS Full
FWO to Full

Standing One to Full
Jump to Full
Standing Full
Standing Whip to Full
Specialty to Full

2 to Double Full
Standing Whip to Double
RO BHS Full to Full Whip Punch Full
RO BHS Double
Specialty to Double