

Skill Level Descriptions

<u>LEVEL 1</u>
Standing
Forward Roll
Backward Roll
Handstand
Handstand Forward Roll
Cartwheel
Round-off
Front Walkover
Back Walkover
Running
Cartwheel
Cartwheel Rebound
Round-off
RO, BWO
FWO, RO, multiple BWO

<u>LEVEL 2</u>
Standing
Back Handspring
T Jump, BHS
BWO, BHS
BHS step-out, RO BHS
Running
RO, BHS
RO, multiple BHS
FWO, RO multiple BHS
RO, BHS step-out, RO multiple BHS

<u>LEVEL 3</u>
Standing
Multiple BHS
Jumps to multiple BHS
Jumps to BHS step-out, RO, BHS, Tuck
Running
RO, BHS, Tuck
RO, Tuck
RO, multiple BHS, Tuck
FWO, RO, BHS, Tuck
Punch Front/Front Tuck

<u>LEVEL 4</u>
Standing
Standing Back Tuck
T jump, Tuck
Triple jump combo, Tuck
Multiple BHS, Layout
Jumps, BHS, Tuck
Jumps, multiple BHS, Layout
Running
RO, BHS, Layout
FWO, RO, BHS, Layout
Punch Front, step-out, RO, BHS, Layout
RO, whip through to BHS, Layout

<u>LEVEL 5 RESTRICTED</u>
Standing
Multiple BHS, Full
Multiple jump combo, Tuck
Jumps, multiple BHS, Full
Running
RO, BHS, Full
Punch Front, step-out, RO, Full
RO, whip, Full
Arabian, stop, RO, whip, Full

<u>LEVEL 5</u>
Standing
Standing Full
BHS, Full
Multiple BHS, Full
Multiple BHS, whip, Full
Multiple BHS, Double
Running
RO, BHS, Double
Punch Front, step-out, RO, Double
RO, whip, Double
RO, Arabian, Double
RO, Full, BHS, Full, Double

Glossary
RO = Round off
FWO = Front Walkover
BWO = Back Walkover
BHS = Back Handspring