

Level 1:

Skill:	Specifics:
<b>Forward Roll</b>	Starting with feet together arms squeezing ears, rolling forward standing up with feet together with arms in front.
<b>Backward Roll</b>	starting with feet together arms squeezing ears, sitting down without using hands, rolling back pushing off hands landing on feet.
Handstand	starting in a lunge with arms by ears kicking one leg up at a time squeezing at the top
<b>Cartwheels</b>	starting in lunge with arms by ears, putting one hand down at a time, kicking one leg at a time Landing in a lunge with arms by ears
<b>Back bend</b>	laying on back with hands by ears pushing up with legs straight and pushing into arm pits
<b>Back bend kick over</b>	pushing up into backbend and kicking over with one leg at a time landing on feet.
<b>Walking up and down the wall</b>	Facing away from the wall, walking down to a bridge and walking up to standing position
<b>bunny hops</b>	hopping with legs together, arms by ears
<b>frog jumps</b>	jumping up and down with arms up by ears when you jump up
<b>superman hold</b>	laying on belly with arms and legs off the floor holding for 20 or more sec
<b>Hallow Hold</b>	laying on back with arms and legs off the floor holding for 20 or more sec

## Level 2

<b>Skills:</b>	<b>Specifics:</b>
<b>Dive forward Roll</b>	Forward roll with a dive before
<b>Backward extension roll</b>	backward roll pushing into a handstand
<b>Round Off's</b>	Cartwheel with legs together at the top snapping down and rebounding with arms by ears.
<b>Backwalkover</b>	starting with one leg in front and arms by ears, arching back. Kicking over with legs in a split landing with one leg at a time with arms staying by ears
<b>Front walkover</b>	starting with arms up and one leg in front, kicking forward with legs in a split coming up with head last arms by ear
<b>Upper body lifts</b>	laying on belly with arms behind head, lifting chest up off the floor. 20 or more
<b>plank hold</b>	holding in a push up position for 20 or more sec
<b>Log rolls</b>	rolling from superman position to hallow hold position
<b>Bridge walking</b>	Walking in a back bend
<b>Bridge Recover</b>	standing up from a bridge with feet flat and parallel

### Level 3

Skill	Specifics
<b>Handspring</b>	starting with arms out, sit back while swinging arms and jumping back on to hands snapping legs over at the same time.
<b>One side Aerial</b>	pushing off front leg throwing arms back landing with one leg at a time
<b>Chest stand</b>	roll on to chest squeezing legs up. Balancing on chest with arms back on floor
<b>Forearm stand</b>	Balancing on forearms with legs up together
<b>inside out bridges</b>	starting in a backbend, rolling over into pike position and back into backbend
<b>one handed cartwheels</b>	near arm and far arm on both sides
<b>Handstand walking</b>	staying tight in a handstand while walking
<b>Backbend into chest roll</b>	going into a backbend and rolling on to chest ending in corba position
<b>V-snaps</b>	laying on back and snapping legs and chest up in a V like position with arms by ears. 20 or more Vsnaps
<b>Bridge Passé Develop</b>	Holding a Bridge and lifting each leg into a passé and then straightening leg.

## Level 4

Skill:	Specifics:
<b>Both side Aerials</b>	
<b>one side front aerial</b>	
<b>Standing Tuck</b>	starting with feet together, setting up and pulling hips over tucking tight.
<b>Back Arabian</b>	Backbend pressing over with legs together
<b>Front Arabian</b>	Front walkover with legs together
<b>Headstand press into handstand into front walkover</b>	holding a headstand pressing into a handstand then going into a frontwalkover
<b>Spider</b>	Inside out bridge with feet up off the floor
<b>10 tick tocks</b>	kicking back and forth in a backbend with legs straight, arms straight.
<b>Valdez</b>	starting on the floor with one leg out and one arm out, pushing into a backbend kicking over
<b>Front handspring</b>	both arms on the floor both feet kick over together at the same time snapping up with arms by ears
<b>flying front walkover</b>	front walkover with a dive forward

## Level 5

Skill:	Specifics:
Round off back handspring Tuck	
Round off tuck	
Lay out	
Step out	
Both side aerial's	
both side Front Aerial	
Front Tuck	
Pike press into handstand	starting in pike position pressing into handstand
Straddle press into handstand	starting in a straddle pressing into handstand
combine three inverted skills	can be any skill from any level but they have to be connected
One handed front walkover	
One handed back walkover	