

Level 1:

Skill:	Specifics:
Forward Roll	Starting with feet together arms squeezing ears, rolling forward standing up with feet together with arms in front.
Backward Roll	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
Cartwheels	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
Back bend	laying on back with hands by ears pushing up with legs straight and pushing into arm pits
Back bend kick over	pushing up into backbend and kicking over with one leg at a time landing on feet.
Walking up and down the wall	Facing away from the wall, walking down to a bridge and walking up to standing position
bunny hops	hopping with legs together, arms by ears
frog jumps	jumping up and down with arms up by ears when you jump up
superman hold	laying on belly with arms and legs off the floor holding for 20 or more sec
Hallow Hold	laying on back with arms and legs off the floor holding for 20 or more sec

Level 2

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

Level 3

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

Level 4

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