



LEVEL 4

STUNTS - BASIC

RELEASED INVERSION TO PREP LEVEL OR BELOW
RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL
DOWNWARD INVERSION FROM PREP LEVEL
EXTENDED INVERTED STUNT
SWITCH UP TO EXTENDED 1 LEG STUNT
RELEASE TO EXTENDED STUNT
TIC TOC LIB TO LIB (HIGH TO LOW)
HELICOPTER RELEASE MOVES
RELEASE TO EXTENDED LIB
SWITCH UP TO BODY POSITION
FULL TWISTING RELEASE TO PREP LEVEL OR BELOW
RELEASE FROM PREP LEVEL TO PREP LEVEL
1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL
3/4 TWISTING TRANSITION TO EXTENDED STUNT
FULL UP TO EXTENDED STUNT
1 1/2 TWISTING TRANSITION TO PREP LEVEL
1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT
FULL DOWN FROM EXTENDED 1 LEG STUNT
DOUBLE DOWN FROM PREP LEVEL
DOUBLE DOWN FROM EXTENDED STUNT
KICK FULL TWISTING DISMOUNT
COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
TOSS EXTENSION
TOSS 1 LEG EXTENDED STUNT

STUNTS - ELITES

RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT
TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)
BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)
1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION
EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT
FULL TWISTING INVERSION TO EXTENDED STUNT
FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT
FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION
1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

TOSSES
PIKE-X
HITCH KICK
SWITCH KICK
DOUBLE TOE TOUCH BALL FULL
PIKE FULL
KICK FULL TOE
TOUCH FULL FULL UP TOE TOUCH
DOUBLE FULL

STANDING TUMBLE
STANDING BACK TUCK
BHS BACK TUCK
BHS SERIES TO BACK TUCK
JUMP BHS BACK TUCK
BACK WALKOVER BHS BACK TUCK
BHS SERIES TO LAYOUT
BHS BACK TUCK BHS BACK TUCK
BHS BACK TUCK BHS LAYOUT
JUMP TO BHS SERIES TO BACK TUCK/LAYOUT
BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT

RUNNING TUMBLE
CARTWHEEL BACK TUCK
ROUND OFF LAYOUT
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT
ROUND OFF BHS SERIES TO LAYOUT
FRONT WALKOVER THROUGH TO LAYOUT
PUNCH FRONT STEPOUT TO LAYOUT
ROUND OFF BHS SERIES TO LAYOUT
ROUND OFF BHS WHIP BHS TO LAYOUT
PUNCH FRONT STEPOUT BHS WHIP BHS TO BACK TUCK
PUNCH FRONT STEPOUT BHS WHIP BHS TO LAYOUT
FRONT HANDSPRING PUNCH FRONT
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND
OFF BHS BACK TUCK/LAYOUT