



# LEVEL 1

## STUNTS - BASIC

INVERSION TO GROUND LEVEL

SWITCH UP TO LIB BELOW PREP LEVEL

SWITCH UP TO BODY POSITION BELOW PREP LEVEL

TIC TOC BELOW PREP LEVEL (LIB TO LIB)

TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)

1 / 4 TWISTING TRANSITION TO BELOW PREP LEVEL

1 / 4 DOWN TO GROUND LEVEL

1 / 4 TWISTING TRANSITION FROM PREP LEVEL

STEP DOWN

STRAIGHT CRADLE

BACK STAND

PREP LEVEL SHOW & GO

STRADDLE SIT

FLAT BACK

EXTENDED STRADDLE SIT

BELOW PREP LEVEL 1 LEG STUNT

EXTENDED FLAT BACK

PREP LEVEL 1 LEG STUNT WITH BRACER

PREP LEVEL TO PRONE

COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

1 LEG STUNT BELOW PREP LEVEL

SHOULDER SIT

CHAIR

STRAIGHT RIDE TOSS

## STUNTS - ELITEs

TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)

1 / 4 TWISTING TRANSITION TO PREP

TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER

1 / 4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

STANDING TUMBLE  
FORWARD ROLL  
STRADDLE ROLL  
HAND STAND  
HAND STAND FORWARD ROLL  
FRONT LIMBER  
FRONT WALK OVER  
CARTWHEEL  
BACKWARD ROLL BACK EXTENSION ROLL  
PUSH UP TO BACKBEND  
STANDING BACKBEND  
BACKBEND KICK OVER BACK WALKOVER  
CONNECTED SKILLS - CARTWHEEL/BACK WALKOVER

RUNNING TUMBLE  
ROUND OFF  
CARTWHEEL BACK WALKOVER  
FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
CARTWHEEL 1/2 TURN FRONT WALKOVER