



LEVEL 2

STUNTS - BASIC

INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL

INVERSION FROM GROUND LEVEL TO PREP LEVEL

SWITCH UP TO LIB PREP LEVEL

TIC TOC PREP LEVEL (LIB TO LIB)

TIC TOC PREP LEVEL (LIB TO BODY POSITION)

1/2 TWISTING TRANSITION TO BELOW PREP LEVEL

1/2 TWISTING TRANSITION TO PREP LEVEL

1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT

1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION

1/4 TWISTING TRANSITION TO EXTENDED STUNT

STRAIGHT CRADLE FROM EXTENSION

STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION

1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION

PRONE

PREP LEVEL 1 LEG STUNT

EXTENSION

BARREL ROLL

LEAP FROG VARIATIONS

1/2 TWIST TO PRONE

COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

WALK IN PREP LEVEL PRESS EXTENSION

STRAIGHT RIDE TOSS

STUNTS - ELITES

INVERSION FROM GROUND LEVEL TO EXTENDED STUNT

TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)

1/2 TWISTING TRANSITION TO EXTENDED STUNT

1/2 TWISTING INVERSION TO EXTENDED STUNT

1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT

1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

STANDING TUMBLE
STANDING BACK HANDSPRING
BACK HANDSPRING STEP OUT
BACK EXTENSION ROLL BACK HANDSPRING
BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLE
CARTWHEEL BHS
ROUND OFF BHS
ROUND OFF BHS STEP OUT
ROUND OFF BHS SERIES
FRONT WALKOVER TO ROUND OFF BHS SERIES