



# LEVEL 5

## STUNTS - BASIC

DOWNWARD INVERSION FROM EXTENDED STUNT  
DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT  
RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION  
RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB  
1 /4 TURN SWITCH UP TO EXTENDED 1 LEG STUNT  
TIC TOC LIB TO LIB (HIGH TO HIGH)  
TIC TOC LIB TO LIB (LOW TO HIGH)  
1 /2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT  
TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)  
TIC TOC LIB TO BODY POSITION (LOW TO HIGH)  
SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT  
1 /2 TWISTING BALL UP TO EXTENDED BODY POSITION  
FULL UP TO EXTENDED 1 LEG STUNT  
1 1 /4 - 1 3 /4 UP TO EXTENDED STUNT  
1 1 /4 - 1 3 /4 UP TO EXTENDED 1 LEG STUNT  
DOUBLE UP TO EXTENDED STUNT  
DOUBLE DOWN FROM 1 LEG STUNT  
KICK DOUBLE TWISTING DISMOUNT  
1 1 /2 - 2 TWIST TO PRONE  
COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY  
COED STYLE TOSS 1 /4 - 3 /4 TWIST TO EXTENDED STUNT  
1 4 / - 3 4 / TWISTING TIC TOC TO EXTENDED 1 LEG STUNT  
FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)

## STUNTS - ELITES

RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION  
SWITCH UP FULL TWIST TO EXTENDED BODY POSITION  
TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)  
FULL TWISTING BALL UP TO EXTENDED BODY POSITION  
1 1 /2 UP TO EXTENDED BODY POSITION  
1 3 /4 UP TO EXTENDED BODY POSITION  
DOUBLE UP TO EXTENDED 1 LEG STUNT  
UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT  
COED STYLE TOSS FRONT HANDSPRING RELEASE 1 /2 TWIST TO EXTENDED STUNT  
COED STYLE TOSS FULL TWIST TO EXTENDED STUNT  
FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)  
TOSS FRONT HANDSPRING 1 2 / UP RELEASE TO EXTENDED STUNT

TOSSES

PIKE HITCH KICK  
PIKE KICK PRETTY GIRL  
PIKE SWITCH KICK  
HITCH KICK KICK BALL DOUBLE FULL  
PIKE DOUBLE FULL  
KICK DOUBLE FULL  
TOE TOUCH DOUBLE FULL  
DOUBLE UP TOE TOUCH  
HITCH KICK DOUBLE FULL  
SWITCH KICK DOUBLE FULL  
KICK FULL KICK FULL  
STANDING TUMBLE  
JUMP BACK TUCK

ELITE STANDING TUMBLE  
STANDING FULL  
JUMP FULL • BHS FULL  
JUMP BHS FULL  
BHS SERIES TO FULL  
JUMP BHS SERIES TO FULL  
BHS WHIP TO BHS SERIES TO FULL  
BHS SERIES TO DOUBLE FULL  
JUMP BHS SERIES TO DOUBLE FULL  
BHS WHIP TO BHS SERIES TO DOUBLE FULL

RUNNING TUMBLE  
CARTWHEEL FULL  
ROUND OFF FULL  
ROUND OFF BHS FULL  
FRONT WALKOVER THROUGH TO FULL  
SIDE AERIAL/FRONT AERIAL/ONOD1 THROUGH TO FULL

ELITE RUNNING TUMBLE  
PUNCH FRONT STEPOUT TO FULL  
ROUND OFF BHS WHIP TO FULL  
ROUND OFF ARABIAN ROUND OFF BHS FULL  
ROUND OFF BHS FULL BHS SERIES TO FULL  
ROUND OFF DOUBLE FULL  
ROUND OFF BHS DOUBLE FULL  
FRONT WALKOVER THROUGH TO DOUBLE  
FULL PUNCH FRONT STEPOUT TO DOUBLE FULL  
ROUND OFF BHS WHIP TO DOUBLE FULL  
ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL  
ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL  
ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE  
FULL