

# STUNT ELITE SKILLS EXAMPLES



LEVEL 1					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>¼ TWISTING TRANSITION TO PREP</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION WITH A BASE</li> <li>¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION WITH A BASE</li> </ul>

LEVEL 2					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>½ TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>½ TWISTING INVERSION TO EXTENDED STUNT</li> <li>½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

LEVEL 3					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL BODY POSITION</li> <li>½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>





LEVEL 4					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> <li>1 ½ UP TO EXTENDED STUNT</li> <li>1-1 ½ UP TO EXTENDED ONE LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>1-1 ½ TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

LEVEL 5					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ BALL UP TO EXTENDED BODY POSITION</li> <li>1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1 ½ UP TO EXTENDED STUNT</li> <li>2-2 ¼ UP TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>¼ -¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> </ul>



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LEVEL 6					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>BACKWARDS FREE FLIPPING FROM GROUND LEVEL TO PREP LEVEL OR ABOVE (REWIND)</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¾ UP TO EXTENDED BODY POSITION</li> <li>2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> </ul>

LEVEL 7					
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<b>ELITE LEVEL APPROPRIATE</b>	<ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>GROUND LEVEL HANDSTAND RELEASED TO HAND IN HAND</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>1 ½ -2 ¼ BALL UP, TIC TOC RELEASE AND/OR OTHER RELEASE TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT</li> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¾ UP TO EXTENDED BODY POSITION</li> <li>2-2 ¼ TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>BACKHANDSPRING FULL UP TO EXTENDED STUNT</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FRONT HANDSPRING ½ UP TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> </ul>

