

LEVEL 1

PASS 1

Stretch Jump

Forward Roll

Tuck Jump

Forward Roll

Jump ½ Turn to Land

PASS 2

Forward Roll

Jump ½ Turn

Backward Roll

Jump ½ Turn

Forward Roll to Stand

ADDITIONAL SKILLS REQUIRED

Pike Forward Roll

Straddle Forward Roll

Handstand



LEVEL 2

PASS 1

Handstand
Stretch Jump
Forward Roll
Jump ½ Turn
Back Roll

PASS 2

Forward Roll
Full Turn
Forward Roll
Jump ½ turn
Back Roll
Stretch Jump

PASS 3

Cartwheel to Dish
Back Roll
Jump ½ Turn
Forward Roll
Stretch Jump
Handstand

ADDITIONAL SKILLS REQUIRED

Back Roll to Straddle
Back Roll to Pike
Back Roll Tuck to Prone



LEVEL 3

PASS 1

Cartwheel Pivot
Chasse
Cartwheel Pivot
Chasse
Cartwheel Step-In

PASS 2

Cartwheel Pivot
Cartwheel Pivot
One-Handed
Cartwheel
Stretch Jump to Land

PASS 3

Cartwheel
Roundoff
Jump ½ Turn
Cartwheel
Cartwheel Step-In

ADDITIONAL SKILLS REQUIRED

Standing Dive Roll
Bridge Kickover Off Knee Height Box
Backbend to Soft Mat



LEVEL 4

PASS 1

Handstand Forward
Roll
Jump ½ Turn
Straddle Back Roll
Back Roll to Prone

PASS 2

Dive Roll
Forward Roll Step Out
Cartwheel to Dish
Back Walkover

PASS 3

Roundoff
Jump ½ Turn to Step
Out
Cartwheel
Roundoff
Stretch Jump to Land

ADDITIONAL SKILLS REQUIRED

Front Tuck
Handstand to Bridge



LEVEL 5

PASS 1

From a Run, Dive Roll
Stretch Jump Step
Out
Cartwheel
Roundoff
Jump ½ Turn

PASS 2

Roundoff
Jump ½ Turn Step Out
Roundoff
Jump ½ Turn
Dive Roll to Stand

PASS 3

Running Front Tuck
Stretch Jump Step
Out
Roundoff
Stretch Jump
Back Walkover

ADDITIONAL SKILLS REQUIRED

Back Handspring

Front Pike



LEVEL 6

PASS 1

Roundoff

Back Handspring

Jump ½ Turn Step Out

Roundoff

Stretch Jump

PASS 2

Roundoff

Back Handspring

Jump ½ Turn Step Out

Cartwheel Step Out

Round Off Tuck Jump

PASS 3

Running Front Tuck

Immediate Rebound

Step Out

Roundoff

Back Handspring

Straddle Jump

ADDITIONAL SKILLS REQUIRED

Back Tuck

Barani

Front Walkover or Front Handspring



LEVEL 7

PASS 1

Front Walkover

Cartwheel

Back Walkover

Back Walkover

Back Walkover to Dish

PASS 2

Roundoff

Back Handspring

Back Handspring

Jump ½ Turn Step Out

Roundoff Stretch

Jump

PASS 3

Roundoff

Back Handspring

Back Handspring

Back Handspring

Back Tuck



LEVEL 8

PASS 1

Roundoff

Back Handspring

Back Handspring

Back Handspring

Back Pike

PASS 2

Roundoff

Back Handspring

Back Handspring

Back Handspring

Back Straight



LEVEL 9

PASS 1

Roundoff
Back Handspring
Back Handspring
Back Handspring
Back Full

PASS 2

Front Tuck Step Out
Roundoff
Back Handspring
Back Handspring
Back Tuck



ADDITIONAL SKILLS REQUIRED

Front Handspring Front Tuck

LEVEL 10

PASS 1

Punch Barani
Back Handspring
Back Handspring
Back Handspring
Back Tuck

PASS 2

Front Tuck Step Out
Roundoff
Back Handspring
Back Handspring
Back Full

PASS 3

Roundoff
Back Handspring
Back Handspring
Double Back

