



# RED BADGE

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Seat Drop

Tuck Jump

Hands and Knees Drop

Pike Jump

Half Twist

Straddle Jump

Seat Drop Half Twist to Feet

<b>PROGRESS SKILLS</b>
Half Twist to Seat Drop Hands and Knees to Stomach Drop to Feet / Stomach Drop to Feet Seat Drop to Back Drop to Feet / Back Drop to Feet



# BLUE BADGE

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Swivel Hips

Straddle Jump

Stomach Drop to Feet

Full Twist

Tuck Jump

Back Drop to Feet

<b>PROGRESS SKILLS</b>
Back Drop Half Twist OR Half Twist to Stomach Drop Back Drop, Hands and Knees, Stomach Drop Hands and Knees Front Flip OR Front Flip to Feet



# GREEN BADGE

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Back Drop Half Twist to Feet

Straddle Jump

Swivel Hips

Half Twist to Stomach Drop to  
Feet

Tuck Jump

Tuck Front Flip

<b>PROGRESS SKILLS</b>
Back Over + Back Over to Seat Drop Pike Front Flip Back Drop to Stomach OR Stomach Drop to Back Drop



# YELLOW BADGE

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Tuck Back Flip

Swivel Hips

Full Twist

Straddle Jump

Back Drop Half Twist to Feet

Tuck Jump

Tuck Front Flip

<b>PROGRESS SKILLS</b>
Straight Back Flip Tuck Back Flip, Tuck Jump, Tuck Front Flip Tuck Front Flip, Jump Half Twist OR Barani



# ORANGE BADGE

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Straight Back Flip

Straddle Jump

Barani (Any)

Tuck Jump

Full Twist

Half Twist to Stomach Drop to

Feet

Straddle Jump

Tuck Front Flip

<b>PROGRESS SKILLS</b>
Pike Back Flip Tuck Jump, Tuck Back Flip, Tuck Front Flip Tuck Back Flip, Tuck Jump, Tuck Barani



# WHITE BADGE

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Pike Back Flip

Tuck Jump

Swivel Hips

Half Twist to Stomach Drop to  
Feet

Straddle Jump

Tuck Back Flip

Tuck Barani

<b>PROGRESS SKILLS</b>
Pike Back Flip, Tuck Jump, Tuck Back Flip Tuck Back Flip, Tuck Barani Back Drop, Hands and Knees, Front Flip



# PINK BADGE

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Tuck Back Flip

Tuck Barani

Tuck Jump

Pike Back Flip

Pike Barani

Tuck Jump

Straight Back Flip

Straight Barani

Tuck Jump

Tuck Front Flip

	<b>PROGRESS SKILLS</b>
	Back Over to Stomach Ball Out to Feet Crash Dive



# PURPLE BADGE

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Crash Dive

Half Twist to Feet

Tuck Back Flip

Tuck Barani

Straddle Jump

Pike Back Flip

Pike Barani

Tuck Jump

Straight Back Flip

Straight Barani

<b>PROGRESS SKILLS</b>
3/4 Back Flip Crash Dive, Ball Out to Feet Stomach to Back Over





# BLACK BADGE

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$\frac{3}{4}$  Back Flip To Feet

Tuck Back Flip

Tuck Barani

Tuck Jump

Pike Back Flip

Pike Barani

Straddle Jump

Crash Dive

Ball Out to Feet

<b>PROGRESS SKILLS</b>
Swing Time Halves Crash Dive, Barani Ball Out to Feet Cody (from Stomach or $\frac{3}{4}$ Back 1 $\frac{1}{4}$ Front Tuck



# SILVER BADGE

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Crash Drive

Barani Ball Out

Tuck Back Flip

Tuck Barani

Pike Back Flip

Pike Barani

Straight Back Flip

Straight Barani

$\frac{3}{4}$  Back Flip

Tuck Cody

<b>PROGRESS SKILLS</b>
1 3/4 Front Full Twist Back Prep Full Twist Front, Half Twist OR Rudi



# GOLD BADGE

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1  $\frac{3}{4}$  Front Tuck

Barani Ball Out

Tuck Back Flip

Tuck Barani

Pike Back Flip

Pike Barani

Straight Back Flip

Straight Barani

Full Twist Back

Rudi