

LEVEL REQUIREMENTS

Novice:

- Forward Roll
- Backwards Roll
- Cartwheel
- Roundoff

PREP:

- Forward Roll
- Backwards Roll
- Cartwheel
- Roundoff
- Backbend Kickover



Level 1:

- CW, BWO Series
- FWO, CW, RO
- FWO, CW, BWO Switch Leg
- FWO, CW, BWO Series

Level 2:

- FHS
- FWO, RO BHS Series
- CW, BHS Step-out, BWO, BHS
- RO, BHS Step-out, BWO, BHS Series

Level 3:

- FWO, Aerial
- RO, BHS Step-out, Jump turn, BHS, BHS, Tuck
- CW, BHS Step-out, BWO, BHS
- RO, BHS Step-out, BWO, BHS Series

Level 4:

- Tuck, BHS, Tuck, BHS Series, Tuck
- RO, BHS, WHIP, BHS, BHS, Layout
- FHS, BHS Series, Layout
- Punch Front, RO, BHS, Layout
- RO, BHS, Layout
- Combination to Layout
- RO, BHS, Full

Level 5:

- BHS Series to Layout
- RO, BHS to Full
- Combination to Full