

Level 3	
Stunts	
Difficulty	
1--2	Single leg extended stunts
3--4	Single leg extended stunt variation with cradle and Two leg stunt full twist cradle
5--7	Full twisting transitions and Single leg transition variations
Pyramids	
Difficulty	
1--2	Single leg pyramid
3--4	Single leg pyramid with leg variations and Full twist cradle
5--7	Full twisting and creative transitions into pyramid
Tosses	
Difficulty	
1--2	Straight ride toss
3--4	Toss with one skill (ex. toe touch)
5--7	Toss with full twist
Standing Tumbling	
Difficulty	
1--2	Back handspring
3--4	Series of back handsprings
5--7	Series of back/front handsprings with majority of squad
Running Tumbling	
Difficulty	
1--2	Series of round off back handsprings
3--4	Aerials and round off back flip(tuck position)
5--7	Front tuck, series with back tuck, and tumbling out of front walkovers
Jumps	
Difficulty	
1--3	Spread eagle, tuck, and double hook
4--6	Side hurdler (herkie) and toe touch with no transition
7--10	Front hurdlers, pike, and around the world with transitions & creativity