

Level 1	
Stunts	
Difficulty	
1	Single leg variations below shoulder (prep) level and dismounts lowered to ground
2--3	Preps with cradle dismount and Walking preps
4--5	Stunt transitions (ex. shoulder straddle to prep)
Pyramids	
Difficulty	
1	Two leg pyramid at shoulder (prep) level
2--3	Two leg extended pyramid and Braced single leg pyramed at prep level
4--5	Two leg extended pyramid with transitions and combinations
Tosses	
Difficulty	
1--2	N/A
2--3	N/A
4--5	N/A
Standing Tumbling	
Difficulty	
1--2	Handstands, forward rolls, and back rolls
2--3	Cartwheels and Roundoffs
4--5	Front and Back Walkovers
Running Tumbling	
Difficulty	
1--2	Forward and Back rolls
2--3	Cartwheels
4--5	Round offs
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