

Spirit of Texas All-stars Levels 1-5 Requirements

Level I

Tumbling – each student must have a cartwheel, round off and forward roll.

Jumps –each student must demonstrate three different jumps.

Level II

Tumbling – each student must have a standing back handspring and a round off backhand spring.

Jumps – each student must demonstrate technical mastery of jumps (pointed toes, landing with feet together) including a double (whip) jump combination.

Stunts – each student must demonstrate a level II stunt (examples: prep level liberty variations, extension)

Motion/Dance – each student must demonstrate an average understanding of motion technique (sharpness/arm placement).

Level III

Tumbling – each student must have a standing back handspring series (2 or more) and a round off back tuck.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with at least a level toe touch.

Stunts – each student must demonstrate a level III stunt (examples: extended liberty variations, awesome full down cradle, inversion to sponge level, full up to prep level)

Motion/Dance – each student must demonstrate an above average understanding of motion technique and counts.

Level IV

Tumbling – each student must have a standing back tuck, a back handspring back tuck, and either a layout or a specialty pass through to a layout (example: front handspring, punch front, or whip through to layout)

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with an above level toe touch.

Stunts – each student must demonstrate a level IV stunt (examples: extended liberty variations with a full down cradle, inversion to prep level stunt, full up to extended stunt, double down from 2 legged stunt, and kick single baskets)

Motion/Dance – each student must demonstrate an excellent understanding of motion technique and counts.

Level V

Tumbling –standing full, one to full or two to full/double and a specialty pass through to a full or double full. **IMPORTANT**-Students without standing tumbling to full or without specialty pass through to full/double may be eligible for Level IV.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with a back tuck, variety and an above level toe touch.

Stunts – each student must demonstrate a level V stunt (examples: extended liberty variations including an overstretch with double down dismounts, full up to extended liberty variation, and kick double baskets)

Motion/Dance – each student must demonstrate a superb understanding of motion technique and counts.