



A VARSITY SPIRIT BRAND

STUNT PROGRESSIONS

	Release	Inversion	Twisting	Other	Coed Style
Intermediate	<ul style="list-style-type: none">Prep level tick tock liberty variationsSwitch up to extended one leg stuntsQuick toss to prep	<ul style="list-style-type: none">Inverted stunts below prep levelBelow prep level inversions out of stunts (yo-yo, back walkover, etc.)Suspended Rolls	<ul style="list-style-type: none">Cross leg full up variationsFull up to prep level and below variationsTwisting transitions to side / prone / cradle	<ul style="list-style-type: none">Full twisting dismount from two leg stuntsSingle leg extended variationsSingle base extension	<ul style="list-style-type: none">Assisted walk in / toss chairsAssisted walk in / toss handsAssisted coed skills at prep level
Advanced	<ul style="list-style-type: none">Quick toss to extended two leg stuntRelease moves caught at prep level or below1/2 switch up to extended one legRelease moves landing extended (low to high, ball up from prep, etc.)	<ul style="list-style-type: none">Inversion transitions to prep level and belowRelease inversions to below prep levelPrep level inverted stuntsTwisting suspended rollsWaterfall style dismounts	<ul style="list-style-type: none">Full up variations to extended target / libertyTwisting rewind	<ul style="list-style-type: none">Full twisting dismount from single leg stuntsExtended single base liberty	<ul style="list-style-type: none">Walk in hands press extensionToss hands press extensionWalk in extensionAssisted full up variations to extended level
Elite	<ul style="list-style-type: none">Quick toss to single leg extendedLow to high tick tock variations (body position to body position)1/2 around release moves to extended	<ul style="list-style-type: none">Inversion transitions to extended stuntsReleased inversions to prep level	<ul style="list-style-type: none">Full up variations to body positions1 1/2 up to extended target / libertyHands full around to extended target / liberty	<ul style="list-style-type: none">Extended single base body position1/2 up to extended single baseSwitch up to extended one leg single base	<ul style="list-style-type: none">Toss hands press to single leg variationWalk in to extended single leg variationToss extensionToss platform with single leg variation
Super Elite	<ul style="list-style-type: none">Full up switch up variationsFull up release moves to extended stuntsFull up quick toss to extended stunts	<ul style="list-style-type: none">Inversions to extended body positions1/2 up or full up inversions to extended stunts	<ul style="list-style-type: none">1 1/2 up to extended body positionsHigh to high full around variationsHands full around to extended body positionsDouble up to extended stunts	<ul style="list-style-type: none">Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)	<ul style="list-style-type: none">Toss variations to single legStunt to stunt release coed skillsToss one arm extended stuntsToss full up variations

*Body Position does not include target or liberty/torch.

Updated 9/6/17