



NOVICE STUNT PROGRESSION

INVERSIONS	RELEASES	TWISTING	OTHER	COED STYLE
Inversions from waist level to ground level	Not allowed unless to a cradle	1/4 up to prep level	Thigh stand	Shoulder stand (calf pop, purdue up, etc.)
Suspended forward rolls		1/2 up to prep level	Shoulder sit	Assisted walk in chair
Ground inversions to below prep level		1/4 to 1/2 twist transition from prep to side, prone, cradle	Shoulder stand	Assisted toss chair
Ground inversions to prep level		1/4 up to extension	Extension prep	Assisted walk in hands
Ground inversions to prep level single leg		1/2 up to extension	Extension	Assisted (connected) toss hands
Ground inversions to extension		1/2 around at prep (remains connected)	Prep level single leg body positions	Coed skills at prep level
		Barrel roll full twist	Prep level single leg body positions tic transitions (remains connected)	Walk in chair
		1/2 around extension (remains connected)		Walk in hands
		1/2 around to prep level single leg (remains connected)		Assisted press extension
				Unassisted extension

*Landing position can increase difficulty of skill Ex: prep, extended, single leg, & body position.	*The number of bases (and number of groups) can affect the difficulty of the skill.	*Coed style/single based skill difficulty is affected by the stunt being assisted or unassisted.	*This list of skills is not all inclusive and other skills (and combined skills) can fall between listed skills.	*This list does not guarantee a specific difficulty score.
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INTERMEDIATE STUNT PROGRESSION

INVERSIONS	RELEASES	TWISTING	OTHER	COED STYLE
Suspended backward rolls	Release moves to below prep level	Rewind transition to load	Full twisting dismount from two leg stunts	Toss chair
Inversions below prep level	Horizontal release moves to below prep level	Full up variations to prep level (cross leg, bases moving, etc)	Single leg extended variations	Toss hands
Inverted dismounts (cartwheel style)	Release moves at prep level (Ex: tic toc)	Full up to prep level	Single base extension	Extension
Prep level inversions	Release moves to prep level (quick toss, switch up, ball-up, etc.)	Full up to prep level single leg lib	Switch up to prep level one leg single base	Toss hands press extension
Released inversions to below prep level	Horizontal release move to prep level	Full up to prep level single leg body position	Extended single base liberty	Walk in extension
Released inversions to prep level	Up to 1/2 twisting switch up to prep level one leg		Extended single base body positions	Toss hands press single leg
Ground inversions to extension	Full twisting switch up to prep level single leg		1/2 twisting to extended single base	Walk in extended single leg
Ground inversions to extended single leg				Toss hands press single arm
				Walk in reverse hands, hitch 1/2 turn extended single leg
				Toss full up to hands
				Walk in to extended single arm variation
				Hands to hands full around

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ADVANCED STUNT PROGRESSION

INVERSIONS	RELEASES	TWISTING	OTHER	COED STYLE
Ground inversions to extended	Load release to extended	Full up to extended	Kick full twisting from single leg extended	Toss extension
1/2 twist or more ground inversions to extended	Switch up release to extended	Prep full around to stunt	Switch up to extended one leg single base	3/4 to full twisting entries and transitions
Prep inversion release to extended	Quick toss to extended	1 1/2 around to extended	Extended single base variations that include twisting/releases (full up, 1/2 switch up, etc.)	Toss extended platform/target to single leg
Ground inversion released to extended (Ex: Round off, BHS)	Stunt to stunt release moves (horizontal to extended, etc.)	High to high full around 2 feet	Inverted released and twisting skills to prep level	Toss to single leg extended
Prep inversion release to extended body position	Tic toc release moves (high to low, low to high, high to high)	Extended full around to stunt	Inverted released and twisting skills to extended level	Walk-in to extended single arm variations
Hand in hand inversion release to extended	Tic toc release moves to body positions	Prep 1 1/2 around to extended		Tic toc low to high
Alternate entries to hand to hand (Diamidov) release to stunt	1/2 twisting release moves (load, switch up, quick toss)	Double up to extended		1/2 twist released stunt/transition
Cartwheel/forward momentum ground inversion release to stunt	Full twisting release to stunt (load, switch up, quick toss)	Extended full around single leg (lib to lib)		Tic toc high to high
Hand in hand inversions forward release to stunt	Full twisting release moves to body position	Prep double around to extended		Toss to extended single arm variations
Inversions released with up to 1/2 twist to extended	Full twisting tic toc stunt (high to low, low to high, high to high)	Double dragon prep to extended		Toss full up to stunt
Inversions released with full twist to extended		Extended full around (more than 1 twist) and/or body position		Hand in hand release to extended
		Double dragon all extended		Full twist released stunt/transition
				Ground released inversion to extended
				Twisting released inversions to extended
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