



SKILL LEVEL REQUIREMENTS

NOVICE

- BRIDGE
- CARTWHEEL
- FORWARD ROLL

L1

- ROUND OFF
- BACK WALK OVER SWITCH LEG
- FRONT WALKOVER
- BACK WALK OVER SERIES

L2

- STANDING BHS
- BACK WALKOVER BHS
- ROUND OFF BHS
- FRONT WALK OVER ROUND OFF BHS

L3

- AERIAL
- PUNCHFRONT
- ROUND OFF TUCK
- ROUND OFF BHS TUCK
- ROUND OFF BHS SERIES

L4

- STANDING BHS TUCK
- ROUND OFF BHS LAYOUT
- PUNCH FRONT SERIES
- ROUND OFF BHS WHIP

L5

- ROUND OFF BHS FULL
- PUNCH FRONT THRU TO FULL
- ROUND OFF WHIP FULL