



PYRAMID PROGRESSIONS

	Non-Released	Released Transition	Braced Roll/Flip
Intermediate	<ul style="list-style-type: none"> •Braced non-released transitions •Inverted stunts to prep level and below •Intermediate full up variations 	<ul style="list-style-type: none"> •Released transition to any level with 2 bracers •Released transition to prep or below with 1 bracer •Switch up landing extended - braced or unbraced 	<ul style="list-style-type: none"> •Flipping transition landing below prep level •Rolling transition to prep and below
Advanced	<ul style="list-style-type: none"> •Inverted stunts to extended - 2 bracers •Advanced full up variations 	<ul style="list-style-type: none"> •Released transition landing extended with 1 bracer •Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> •Flipping transition landing at prep level •1/2 twisting flipping transition landing below prep level •Rolling transition to extended position - 2 bracers
Elite	<ul style="list-style-type: none"> •Inverted stunts involving spinning to extended - 2 bracers •Inverted stunts to extended - 1 bracer •Elite full up variations •Single base advanced full up variations 	<ul style="list-style-type: none"> •Released transition involving spinning or inversion that land extended with 2 bracers •Unbraced releases landing extended 	<ul style="list-style-type: none"> •Flipping transition landing extended •1/2 twisting flipping transition landing at prep level •Rolling transition to extended position - 1 bracer
Super Elite	<ul style="list-style-type: none"> •Inverted stunts involving spinning to extended - 1 bracer •Super elite full up variations •Single base elite / super elite full up variations 	<ul style="list-style-type: none"> •Released transition to extended involving spinning / inversions with 1 bracer •Unbraced spinning release landing extended 	<ul style="list-style-type: none"> •Flipping transition starting at prep or above, landing extended •1/2 twist flipping transition landing extended •Flipping transition landing extended with minimal bases