



STUNT PROGRESSIONS

	Release	Inversion	Twisting	Other	Coed Style
Intermediate	<ul style="list-style-type: none"> Prep level tick tock liberty variations Switch up to extended one leg stunts Quick toss to prep 	<ul style="list-style-type: none"> Inverted stunts below prep level Below prep level inversions out of stunts (yo-yo, back walkover, etc.) Suspended Rolls 	<ul style="list-style-type: none"> Cross leg full up variations Full up to prep level and below variations Twisting transitions to side/prone/cradle 	<ul style="list-style-type: none"> Full twisting dismount from two leg stunts Single leg extended variations Single base extension 	<ul style="list-style-type: none"> Assisted walk in/toss chairs Assisted walk in/toss hands Assisted coed skills at prep level Assisted coed skills at extended level
Advanced	<ul style="list-style-type: none"> Quick toss to extended two leg stunt Release moves caught at prep level or below 1/2 switch-up to extended one leg Release moves landing in extended (non-twisting) 	<ul style="list-style-type: none"> Inversion transitions to prep level and below Release inversions to below prep level Prep level inverted stunts Twisting suspended rolls Waterfall style dismounts 	<ul style="list-style-type: none"> Full up variations to extended target/liberty Twisting rewind 	<ul style="list-style-type: none"> Full twisting dismount from single-leg stunts Extended single base liberty 	<ul style="list-style-type: none"> Walk in hands press extension Toss hands press extension Walk in extension Assisted full up variations to extended level
Elite	<ul style="list-style-type: none"> Quick toss to single leg extended Low to high tick tock variations (body position to body position) 1/2 around release moves to extended High to High Tick Tocks 1/4 Twisting High to High Tick Tocks (NOT NFHS Rule. Re: PreStates/NCHSAA) 	<ul style="list-style-type: none"> Inversion transitions to extended stunts Released inversions to prep level 	<ul style="list-style-type: none"> Full up to body positions 1-1/2 up to extended target/liberty Hands full around to extended target/liberty 	<ul style="list-style-type: none"> Extended single base body position 1/2 twisting to extended single base Switch up to extended one leg single base 	<ul style="list-style-type: none"> Toss hands press to single leg variation Walk in to extended single leg variation Toss extension Toss extended platform with single leg variation Toss to immediate extended liberty
Super Elite	<ul style="list-style-type: none"> Full up switch up variations Full twisting release moves to extended stunts Full up quick toss to extended stunts High to High Tick Tocks (body position to body position) 1/4 Twisting High to High Tick Tocks (body position to body position) - NOT NFHS Rule. Re: PreStates/NCHSAA 	<ul style="list-style-type: none"> Inversions to extended body positions 1/2 up or full up inversions to extended stunts 	<ul style="list-style-type: none"> 1-1/2 up to extended body positions Hands full around to extended body positions Hands 1-1/2 around to extended High to high full around Double up to extended stunts Hands double around to extended 	<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 to immediate extended body position Low to low/high tick tocks Toss one arm extended stunts Toss full up to extended 1/2 twist or greater release moves (hands full around/low to high) High to High Tick Tocks Released inversion to prep level