

	Level 1	Level 2	Level 3	Level 4	Level R5	Level 5			
<b>Low</b>	Standing: Forward Roll, Backward Roll, Handstand Fall to bridge, Fall to bridge	Standing: Back Handspring	Standing: Series Standing Handsprings, Jump Back Handspring	Standing: Standing Tuck, Pencil Jump Tuck, Series BHS Tuck	Standing: Jump to Tuck, Triple Back Handspring Full	Standing: Jump Combo to Tuck, Double Back Handspring Full			
	Running: Round-off from Lunge, & Power Hurdle	Running: Power Hurdle & 2-Step Round-off Back Handspring, front handspring stepout	Running: Round-off Back Handspring Tuck	Running: Round-off Back Handspring Layout	Running: Round-off Back Handspring Full	Running: Level 3/4 Specialty through to Full			
<b>Medium</b>	Standing: Cartwheel, Back Walkover, Front walkover	Standing: Back Handspring Step-out, Pencil Jump BHS	Standing: Jump Combo to Series Standing Handsprings	Standing: Jump Back Handspring(s) Layout, Double Back Handspring Layout	Standing: Jump Series Back Handspring Full	Standing: Jump Combo Back Handspring(s) to Full, Standing Full			
	Running: Round-off Half turn Forward Roll roundoff backwalkover, Front walkover roundoff	Running: Power Hurdle & 2-Step Round-off Double BHS	Running: Front handspring stepout to BHS Tuck, Punch Front Land	Running: Front Walkover/Front Handspring to Layout	Running: Level 3/4 Specialty through to Full	Running: Arabian/Full through to Full			
<b>High</b>	Standing: Switch Kick Back Walkover, Double Back Walkover, Back extension roll backwalkover.	Standing: Back handspring pencil backhandspring, Back Walkover Back Handspring, Back handspring Stepout Roundoff	Standing: all connected 3 jumps - BHS - Jump BHS series	Standing: Standing tuck back handspring series to layout, Whips through to Layout	Standing: Back Handspring Whip Double Back Handspring Full	Standing: Back Handsprings to Double Full, Jump Combo Standing Full			
	Running: Front walkover Round-off Back Walkover, Round off double backwalkover	Running: Front handspring stepout Double BHS, Round-off Backhandspring stepout round-off backhandspring	Running: Punch Front Land Round-off BHS Tuck	Running: Punch Front through to Round-off Back Handspring Layout, Round-off Whip through to Layout	Running: Arabian step step through to Full	Running: Round-off Back Handspring(s) Double Full			
					*3/4 specialities consist of - Front handspring stepouts, Punch front stepouts, front handspring punchfront, front ariel & whips	*3/4 specialities consist of - Front handspring stepouts, Punch front stepouts, front handspring punchfront, front ariel and whips			