

	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
	standing/sitting start			special start/landing				
Toe/Knee	toe hold	180 toe turn	toe deep swan		opposite toe turn	360 toe wrap		
		toe hold at knee	180 knee turn			back bend to toe swan		
Flips	leg ballet	180 flip turn	180 flip leg around	360 flip, extend				
		180 flip, extend	180 leg around flip					
		180 flip/ hand to hand extend	180 extended flip	360 extended flip				
Hand to Hand		180 hand to hand	180 leg around hand to hand	360 hand to hand	reverse hand to hand			
		180 hand to hand extend	180 extended hand to hand	360 extended hand to hand	reverse extension			
Wrap Tricks	rope between legs		180 rope between the legs	360 rope between the legs	extended flip rollover 360 rope between legs	wrap in/wrap out to extended flip		
				wrap in	180 wrap in/wrap out	reverse wrap in/wrap out		
				wrap out	wrap in/wrap out	1 arm wrap in/ wrap out		
						wrap in/wrap out to reverse wrap in/wrap out		
Overheads				360 overhead	1 arm overhead (R & L)		720 overhead	1080 overhead
					reverse overhead		reverse 720 overhead	
					reverse 1 arm overhead		1 arm 720 overhead	
					reverse 540 overhead (flip, reverse overhead)			
					540 overhead to flip or extend		reverse 1 arm 720 overhead	1440 overhead and beyond
					1 arm 540 overhead to flip or extend		900 overhead to flip or extend	
Split Catch		180/360 extension/ split catch	roll over split catch	360 step over		reverse split catch		
				180/360 split catch				
Presses			180 flip press (fake press)	180/360 overhead press	extended flip to overhead press	1 arm overhead press		press to overhead 540
					reverse press	press to split catch		540 overhead to press
						1 arm reverse overhead press		reverse 540 overhead to press
								900 overhead press press to press
Melt					reverse meltdown		reverse 540 overhead to meltdown	
Combination			180 hand to hand back toe turn		shove ski around	1 arm overhead to wrap in/wrap out		
			180 hand to hand/ split catch			rope between the legs/wrap in/wrap out		
					wrap out to split catch	overhead press/rope between legs (or wrap)		
						split catch/wrap in wrap out/split catch		