

Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
Seat	Seat to Drape Seat Balance	Seat to Gainer	Seat 180 Attitude Seat to Star	360 Seat	High 360 Seat		
Drape	Drape Balance Drape to Barbell Drape Walkover	Drape Spin Down Drape to Seat Drape handstand Drape to Gainer Drape Death Drop	Drape to Star Pike Up to Drape Drape p/o Step Up Drape p/o Attitude Drape HndStnd Balance	360 Drape Reverse 360 Drape Table Top to Drape		720 Drape	1080 Drape 1440 Drape
Step-up S or B	Step-up to Stag Step-up to Diver Tabletop	Step-up to 180 Tabletop Step-up to Gainer Step-up to Attitude Step-up to Needle	Step Up 180 Catch	360 Table Top Tick Tock Step Up 360 Catch	540 Table Top	720 Table Top 720 Tick tock	1080 Table Top 1440 Table Top
Side Barbell	Back Barbell Star Star to Tabletop	Step-up to Scorpion Shooting Star	Roll Down Full Butterfly		Roll Down/Roll Up(Side)		
	Bk Attitude Attitude to Drape	Front Attitude Attitude Heel Stretch	Bk Attitude 180 Catch Attitude to Star Heel Stretch to Star Heel Stretch to Scale	360 Attitude 360 Heel Stretch Torch Flip	High 360 Attitude		
	Gainer	Gainer to Seat Inverted Needle	Gainer p/o Step Up Gainer p/o Attitude Inv. Ndl to Step Up Inv. Ndl to Attitude		Step-up to Handstand Handstand Split Handstand Gumbly Handstand Stag Handstand legs straight		
	Skater	Skater Balance	Skater 180 Step-up Skater Roll Down	360 Skater	Swing up Handstand	720 Skater	1080 Skater 1440 Skater
			Statue of Liberty	Guillotine Barrel Roll Pike Up to Table Top		1 Arm F. Thigh Lever 1 Arm B. Thigh Lever	
Sitting Dock Start		Sliding Shoulder Start		Sitting Start in Lift	Flying Pick-up Start		Sliding Start in Lift
Land on Skis	Land in Arms			Land in Lift			
Spin out	Lift to Drape	Drape Spin Down	Pike-Bk Table Top	Pike-Ft Table Top			
Spin in	Lift to Step-up	Walkover	Pin Wheel	Pike to Star			
Flair	Lift to Barbell	Shooting Star		Swing up Handstand			
Shoulder Sit	Lift to Seat	Throw to Seat		Hip/Thigh Flip	720 Barrel Roll	1080 Barrel Roll	1440 Barrel Roll
Fish	Lift to Attitude Marlin	Roll Down Body Wrap Guillotine Barbell Spin	360 Barrel Roll Neck Wrap Torch Flip Star Guillotine 360 Roll	Lasso (Ice skater) 360 Skater Toss Roll Down/Roll Up 1 Arm F. Thigh Lever Roll Down/Roll Up 1 Arm B. Thigh Lever 540 Barrel Roll Hand to Foot Stand Guillotine 540 Roll	Guillotine 720 Roll 1 Arm Detroiter		