

## LEVEL 2

### NON - TWISTING

STRAIGHT RIDE TOSS

### TWISTING

## LEVEL 3

### NON - TWISTING

BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH  
KICK ARCH • BALL-X • TOE TOUCH

### TWISTING

FULL TWIST

## LEVEL 4

### NON - TWISTING

PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

### TWISTING

BALL FULL • PIKE FULL • KICK FULL  
TOE TOUCH FULL FULL UP TOE TOUCH • DOUBLE FULL

## LEVEL 5 YOUTH

### NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL  
PIKE SWITCH KICK • HITCH KICK KICK

### TWISTING

KICK FULL • DOUBLE FULL • HITCH KICK FULL • SWITCH KICK FULL  
KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

## LEVEL 5 JUNIOR RESTRICTED & SENIOR RESTRICTED

### NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL  
PIKE SWITCH KICK • HITCH KICK KICK

### TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL PIKE KICK FULL •  
KICK FULL KICK • FULL KICK FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL  
TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH

## LEVEL 5

### NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL  
PIKE SWITCH KICK • HITCH KICK KICK

### TWISTING

BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL  
TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL  
SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

## LEVEL 6

### NON - TWISTING

TUCK • X-OUT • PIKE • LAYOUT

### TWISTING

LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL  
SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL