

Basic Unicycle Skill Levels

Name: _____

Date started: _____

Date completed: _____

UUU NOTES

Print this booklet and tick off skills for each level as you complete them. Make sure to note the date each time you complete a skill.

When complete, send a photo or scan of the completed pages to levels@unicycle.org.uk to have your level verified and receive your certificate. Good luck, and enjoy your riding.

UUU DEFINITIONS

'Assisted' skills should be completed using an object or a partner supporting you. A 'drop' is a sharp lip, such as a kerb or a step. When a quantity is specified, such as five hops or six revolutions, they should be completed continuously, without stopping. Non-pedaling skills such as hops and mounts should be confidently performed: you should be able to ride or hop away after you land them.

UUU LEVEL 1

SKILL	DATE
Assisted mount - two-sided support	
Assisted mount - one-sided support	
Assisted ride - six revolutions, two-sided support	
Assisted ride - six revolutions, one-sided support	
Assisted dismount- unicycle in front	
Assisted dismount - unicycle in back	
Dismount - unicycle in front	
Dismount - unicycle in back	
Ride unassisted - three revolutions	

UUU LEVEL 2

SKILL	DATE
Mount unassisted (free mount)	
Ride unassisted - six revolutions	
Ride with right hand on seat - six revolutions	
Ride with left hand on seat - six revolutions	
Controlled dismount to front	
Controlled dismount to back	
Assisted circle to the left, <10m diameter	
Assisted circle to the right, <10m diameter	
Curve to the left	
Curve to the right	
Circle to the left, <10m diameter	
Circle to the right, <10m diameter	
Ride down drop - 5cm or more	
Assisted idle back and forth - five	
Assisted hop - five hops	

For tutorials, tips, and details of events & meetups in the UK, head to unicycle.org.uk

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UUU LEVEL 3

SKILL	DATE
Free mount - right foot first	
Free mount - left foot first	
Ride with both hands on seat - six revolutions	
Ride with both hands on knees - six revolutions	
Ride with both hands behind head - six revolutions	
Ride without dismounting - 50 revolutions	
Ride in a figure-eight	
Slalom - six cones, 2m spacing	
Ride down >10cm drop	
Ride down a slope - six revolutions	
Ride up a slope - six revolutions	
Hop - five hops	
Idle back and forth - five times	
Assisted backwards ride - six revolutions	
Assisted one-foot idle - five rocks	

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UUU LEVEL 4

SKILL	DATE
Three different mounts	
Ride in a circle, < 4m diameter	
Slalom - six cones, 1.5m interval	
Transition riding to hopping	
Transition hopping to riding	
Hop - ten hops	
Idle - ten rocks	
90° hoptwist - right	
90° hoptwist - left	
Hop up obstacle - more than 5cm	
Ride backwards - six revolutions	
One-foot idle - five rocks back and forth	
Assisted one-foot ride - six revolutions	
Assisted ride seat in front - six revolutions	

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UUU LEVEL 5

SKILL	DATE
Four different mounts	
Slalom - six cones, 1m spacing	
U-turn to backwards riding (riding forwards, 180 degree turn, riding backwards)	
180° hoptwist - right	
180° hoptwist - left	
Hop up an obstacle - >10cm	
Ride seat in front - six revolutions	
Seat in front hop on cranks - ten hops	
Seat in front hop on pedals - ten hops	
One-foot idle - ten rocks back and forth	
One-foot ride - six revolutions	
Ride backwards in a circle, <10m diameter	

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