

Level 1 Basic Skills



Name: _____

Skills

- ☐ Tuck Jump _____
- ☐ Pike Jump _____
- ☐ Straddle Jump _____
- ☐ ½ Twist _____
- ☐ Full Twist _____

☐ Routine

- Pike Jump _____
- ½ Twist _____
- Straddle Jump _____
- Tuck Jump _____

Level 2 Body Landings



Name: _____

Skills

- ☐ **Seat Landing** _____
- ☐ **Seat ½ Twist to Feet** _____
- ☐ **½ Twist to Seat** _____
- ☐ **Swivelhips** _____
- ☐ **Front Landing** _____
- ☐ **Back Landing** _____

☐ Routine

- Front Landing** _____
- To Feet** _____
- Straddle Jump** _____
- Seat Landing** _____
- ½ Twist to Feet** _____
- ½ Twist** _____
- Tuck Jump** _____
- Pike Jump** _____
- Back Landing** _____
- To Feet** _____

Level 3



Body Landing Combinations

Name: _____

Skills

- ☐ **Seat to Front** _____
- ☐ **Front to Seat** _____
- ☐ **½ Twist to Front** _____
- ☐ **Back ½ Twist to Feet** _____
- ☐ **Back to Front** _____
- ☐ **Front to Back** _____

☐ Routine

- ½ to Front** _____
- To Feet** _____
- Straddle Jump** _____
- Seat Landing** _____
- ½ Twist to Seat** _____
- ½ Twist** _____
- Tuck Jump** _____
- Pike Jump** _____
- Back Landing** _____
- ½ Twist to Feet** _____

Level 3a

Body Landing Combinations

Name: _____



Skills

- ☐ **Front ½ to Feet** _____
- ☐ **½ to Front** _____
- ☐ **Seat to Front** _____
- ☐ **Front to Seat** _____
- ☐ **½ Turntable** _____
- ☐ **Cruise** _____
- ☐ **Front Full Twist to Feet** _____

Level 3b

Body Landing Combinations

Name: _____



Skills

- ☐ $\frac{1}{2}$ to Back _____
- ☐ Seat $\frac{1}{2}$ to Back _____
- ☐ Back $\frac{1}{2}$ to Seat _____
- ☐ 5x Back Bounces _____
- ☐ Cradle _____
- ☐ Back Full Twist to Feet _____

Level 3c

Body Landing Combinations

Name: _____



Skills

- ☐ **Roller** _____
- ☐ **Cat Twist** _____
- ☐ **Log Roll** _____
- ☐ **Back Full Twist to Front** _____
- ☐ **Front Full Twist to Back** _____
- ☐ **Corkscrew** _____
- ☐ **Forkscrew** _____

Level 4

Forward Fundamentals



Name: _____

Skills

- ☐ **Forward Roll** _____
- ☐ **Forward Turnover** _____
- ☐ **Front Somersault (T)** _____
- ☐ **Front Somersault (P)** _____

☐ Routine

- Full Twist** _____
- Straddle Jump** _____
- Seat Landing** _____
- ½ Twist to Seat** _____
- ½ Twist** _____
- Pike Jump** _____
- Back Landing** _____
- ½ Twist to Feet** _____
- Tuck Jump** _____
- Front Somersault (T)** _____

Level 5

Backward Fundamentals



Name: _____

Skills

- ☐ **Backward Roll** _____
- ☐ **Back Pullover** _____
- ☐ **Back Somersault (T)** _____

☐ Routine

- Back Somersault (T)** _____
- Straddle Jump** _____
- Seat Landing** _____
- ½ Twist to Seat** _____
- ½ Twist** _____
- Pike Jump** _____
- Back Landing** _____
- ½ Twist to Feet** _____
- Tuck Jump** _____
- Front Somersault (P)** _____

Level 6

Developing More Somersaults

Name: _____



Skills

- ☐ **Back Somersault (S)** _____
- ☐ **Barani (T)** _____
- ☐ **Back Somersault (T) to Seat** _____

☐ Routine

- Back Somersault (S)** _____
- Straddle Jump** _____
- Back Somersault (T)** _____
- Barani (T)** _____
- ½ Twist** _____
- Tuck Jump** _____
- Back Somersault (T) to Seat** _____
- ½ Twist to Feet** _____
- Pike Jump** _____
- Front Somersault (P)** _____

Level 7

More Somersault Links



Name: _____

Skills

- ☐ Back Somersault (P) _____
- ☐ Barani (P) _____
- ☐ Barani (S) _____

☐ Routine

- Back Somersault (S) _____
- Barani (S) _____
- Straddle _____
- Back Somersault (P) _____
- Barani (P) _____
- Tuck Jump _____
- Barani (T) _____
- Back Somersault (T) _____
- Pike Jump _____
- Front Somersault (P) _____

Level 8

Body Somersaults



Name: _____

Skills

- ☐ $\frac{3}{4}$ Front (S) _____
- ☐ $\frac{3}{4}$ Back (S) _____
- ☐ Ball-out Barani (T) _____
- ☐ Cody (T) _____



Routine

- $\frac{3}{4}$ Back (S) _____
- To Feet _____
- Straddle _____
- Back Somersault (S) _____
- Barani (S) _____
- Back Somersault (T) _____
- Barani (T) _____
- Tuck Jump _____
- $\frac{3}{4}$ Front (S) _____
- Ball-out Barani (T) _____

or



Routine

- $\frac{3}{4}$ Back (S) _____
- Cody (T) _____
- Straddle _____
- Back Somersault (S) _____
- Barani (S) _____
- Back Somersault (T) _____
- Barani (T) _____
- Tuck Jump _____
- $\frac{3}{4}$ Front (S) _____
- $\frac{1}{2}$ Twist to Feet _____

or similar agreed with coach

Level 8a

Body Somersaults



Name: _____

Skills

- ☐ **Bounce Roll (T)** _____
- ☐ **Bounce Roll (P)** _____
- ☐ **Ball-out Barani (P)** _____
- ☐ **Ball-out Barani (S)** _____
- ☐ **½ Twist to ¾ Front (S)** _____

Level 8b

Body Somersault



Name: _____

Skills

- ☐ $\frac{3}{4}$ Back (P) _____
- ☐ $\frac{3}{4}$ Back (T) _____
- ☐ Cody (P) _____
- ☐ Cody (S) _____

Level 8b

Body Somersaults



Name: _____

Skills

- ☐ **1 $\frac{1}{4}$ Back S/S (T)** _____
- ☐ **1 $\frac{1}{4}$ Back S/S (P)** _____
- ☐ **1 $\frac{1}{4}$ Back S/S (S)** _____

Level 8b

Body Somersaults



Name: _____

Skills

- ☐ **1 $\frac{1}{4}$ Front S/S (T)** _____
- ☐ **1 $\frac{1}{4}$ Front S/S (P)** _____
- ☐ **1 $\frac{3}{4}$ Front S/S (T)** _____
- ☐ **1 $\frac{3}{4}$ Front S/S (P)** _____

Level 9

Twisting Somersaults



Name: _____

Skills

☐

Full

☐

Rudi

☐

Routine

or

☐

Routine

Back Somersault (S)

Barani (S)

Full

Straddle Jump

Back Somersault (P)

Barani (P)

Back Somersault (T)

Tuck Jump

$\frac{3}{4}$ Front (S)

Ball-out Barani (T)

$\frac{3}{4}$ Back (S)

Cody (T)

Straddle Jump

Back Somersault (S)

Barani (S)

Back Somersault (P)

Barani (P)

Back Somersault (T)

Tuck Jump

Rudi

or similar agreed with coach

Level 9a

Twisting Somersaults



Name: _____

Skills

- ☐ **Full Front** _____
- ☐ **Full Twisting $\frac{3}{4}$ Front** _____
- ☐ **Barani to Back** _____
- ☐ **Barani to Front** _____
- ☐ **Full Twisting Bounce Roll** _____
- ☐ **Barani Ball-out (T)** _____

Level 9b

Twisting Somersaults



Name: _____

Skills

- ☐ **Double Full** _____
- ☐ **Full Twisting Cody** _____
- ☐ **Double Full Back** _____
- ☐ **Full Twisting Cody** _____

Level 9c

Twisting Somersaults



Name: _____

Skills

- ☐ **Ball-out Rudi (T)** _____
- ☐ **Ball-out Rudi (P)** _____
- ☐ **Ball-out Rudi (S)** _____

Level 10

Double Somersalts



Name: _____

Skills

☐ Half Out (T) _____

☐ Double Back (T) _____

☐ Routine

Half Out (T) _____

Back Somersault (S) _____

Barani (S) _____

Full _____

Rudi _____

Straddle _____

Barani (T) _____

Back Somersault (T) _____

$\frac{3}{4}$ Front (S) _____

Ball-out Barani (T) _____

or

☐ Routine

$\frac{3}{4}$ Back (S) _____

Cody (T) _____

Back Somersault (S) _____

Barani (S) _____

Full _____

Rudi _____

Tuck Jump _____

Back Somersault (T) _____

Barani (T) _____

Double Back (T) _____

or similar agreed with coach