

COLLEGE PROGRESSION LIST

PARTNER STUNT PROGRESSIONS				
The routines will be working through these progressions as the levels progress. This is designed to help identify possible skills that can be used within the routine levels in conjunction with the identified skills included on the Skill Grid. Skills are listed in general order of easiest at the top to more difficult as you progress down the list.				
STRAIGHT UP	TWISTING	RELEASE	INVERSIONS	DISMOUNTS
Knee Level (KL) Thigh Level (TL) Waist Level (WL) Shoulder Sit Split/Straddle Sit to SL/EL Shoulder Level (SL) Shoulder Stand Extended Level (EL) Press to EL/1ft J-Toss to SL/EL/1ft 1ft WL/SL/EL Ground Up to EL/1ft Single Base SL/EL/1ft	Modified Full Up (360) to WL/SL/EL/1ft 1/4 Up (90) to WL/SL/EL/1ft 1/2 Up (180) to WL/SL/EL/1ft 3/4 Up (270) to WL/SL/EL/1ft Full Up (360) to WL/SL/EL/1ft 1 1/4 Up (450) to WL/SL/EL/1ft 1 1/2 Up (540) to WL/SL/EL/1ft Double Up (720) to WL/SL/EL/1ft Single Base Full Up (360) to SL/EL/1ft <i>*Any release elements will increase in difficulty as the initiation and completion of skill gets higher in the progression order of: Waist/Shoulder/Extended/1ft/Single Base.</i>	Basket Grip Toss to WL/SL/EL/1ft Quick Toss to WL/SL/EL/1ft Flatback to WL/SL/EL Log Roll to WL/SL/EL Switch Up to WL/SL/EL/1ft Ball Up to WL/SL/EL/1ft Tick-Tock SL-to-SL/SL-to-EL/EL to EL <i>*Any twisting elements combined with inversion elements will increase the difficulty of that skill.</i>	Non-Release Ground to WL/SL/EL/1ft Ground to WL/SL/EL/1ft SL to WL/SL/EL/1ft Modified Hand-to-Hand to SL Hand-to-Hand SL/EL to SL/EL Rewind to WL/SL/EL/1ft Diamadov to SL/EL/1ft Flip Flop to WL/SL/EL/1ft Ground Full Up (360) to WL/SL/EL/1ft <i>*Inversions rotating forward or sideways will be considered harder in difficulty than inversions rotating backward.</i> <i>*Any twisting elements combined with inversion elements will increase the difficulty of that skill.</i>	Non Inverting/Non Flipping Bump Down Cradle Pop Off Front Cradle/Prone Ball Down 1/2 Turn to Cradle Full Down from SL/EL/1ft Corkscrew from SL/EL/1ft/Single Base 3/4 to Cradle/Prone Side Prone 360 Pop Off Kick Full Cradle 1 1/4 Full Down Cradle Double Down Inverting/Flipping Waterfall Pancake/Split Leg Pancake Front Flip to Ground/Cradle 3/4 Flip to Prone/Cradle 1 1/4 Flip to Prone/Cradle 3/4 Flip with 1/2 Turn to Cradle

** All progressions will increase in difficulty as you move through the progressions of: WL/SL/EL/1ft/Single Base Levels.

** Skills on the grid will be considered to 2ft unless specified as 1ft.

** Skills to 1ft will be considered harder in difficulty than skills to 2ft.

PYRAMID & TOSS PROGRESSIONS (College)		
BASKETS	STRUCTURE AT HIGHEST POINT (2.5)	STRUCTURE AT HIGHEST POINT (Below 2.5)
Non-Flipping	Hitch (A-Frame)	1 Thigh Level
Show & Go	Split/Straddle	2 Thigh Level
Straight Ride	Basic	3 Thigh Level
Toe Touch	Flatback	1 Shoulder Level
Full Twist	Swedish	2 Shoulder Level
Pike	Shoulders	3 Shoulder Level
Ball X	Inversion	1 Extended Level
Kick Full	Torch (Hand-in-Hand)	2 Extended Level
		3 Extended Level
Flipping	PYRAMID TYPE	1 Extended Level 1ft
Tuck (Back/Front)	4-2-1	2 Extended Level 1ft
X-Out	2-2-1	3 Extended Level 1ft
Bird Front	2-1-1	
Pike Open (Layout/Split)	1-1-1	
Layout		
Barani		
Arabian 1/2		
Full		

*Skills used within pyramid routines will follow general stunt progressions.

*A skill performed without a bracer is considered more difficult than a braced skill.

*This is a general progression of common structures, referring to the highest point(s) of the structure and their base of support. Skills and transitions into each structure impact the progression of difficulty.

*One (1) athlete supporting two (2) structures increases the difficulty of the structure.

JUMP & TUMBLING PROGRESSIONS	
STANDING	RUNNING
Forward Roll (FWR)	Power Hurdle (PH)
Backward Roll (BWR)	PH FWO + CW
Cartwheel (CW)	CW + BHS
Handstand Forward Roll (HS FWR)	Roundoff (RO)
Back Walkover (BWO)	RO Tuck/LO/Full
Back Extension Roll (BER)	RO BHS Tuck/LO/Full
Front Walkover (FWO)	CW + Tuck/LO/Full
Back Handspring (BHS)	RO Arabian
2 BHS	Whip
2 BHS + Tuck/LO/Full	Alt pass to BHS/Tuck/LO/Full
BHS + Tuck/LO/Full	
Single/Db/1/Tpl Jump + BHS/Tuck/LO	
Tuck	Single Jump
Full	Double Jump
	Triple Jump

*Alternate passes will follow the progression for the ending skill performed.

HIGH SCHOOL PROGRESSION LIST

PARTNER STUNT PROGRESSIONS

The routines will be working through these progressions as the levels progress. This is designed to help identify possible skills that can be used within the routine levels in conjunction with the identified skills included on the Skill Grid. Skills are listed in general order of easiest at the top to more difficult as you proccross down the list.

STRAIGHT UP	TWISTING	RELEASE	INVERSIONS	DISMOUNTS
Knee Level (KL) Thigh Level (TL) Waist Level (WL) Shoulder Sit Split/Straddle Sit to SL/EL Shoulder Level (SL) Shoulder Stand Extended Level (EL) Press to EL/1ft J-Toss to SL/EL/1ft 1ft WL/SL/EL Ground Up to EL/1ft Single Base SL/EL/1ft	Modified Full Up (360) to WL/SL/EL/1ft 1/4 (90) to WL/SL/EL/1ft 1/2 (180) to WL/SL/EL/1ft 3/4 (270) to WL/SL/EL/1ft 360 to WL/SL/EL/1ft 1-1/4 (450) to WL/SL/EL/1ft 1-1/2 (540) to WL/SL/EL/1ft Double Up (720) to WL/SL/EL/1ft Single Base Full Up (360) to SL/EL/1ft <i>*Any release elements will increase in difficulty as the initiation and completion of skill gets higher in the progression order of: Waist/Shoulder/Extended/1ft/Single Base.</i>	Basket Grip Toss to WL/SL/EL/1ft Quick Toss to WL/SL/EL/1ft Flatback to WL/SL/EL Log Roll to WL/SL/EL Switch Up to WL/SL/EL/1ft Ball Up to WL/SL/EL/1ft Tick-Tock SL-to-SL/SL-to-EL/EL to EL <i>*Any twisting elements combined with inversion elements will increase the difficulty of that skill.</i>	Non-Release Ground to WL/SL/EL/1ft Ground to WL/SL/EL/1ft SL to WL/SL/EL/1ft Hand-to-Hand SL to WL/SL/EL/1ft Diamadov to SL Flip Flop to WL/SL/EL/1ft Ground Full Up (360) to WL/SL/EL/1ft <i>*Inversions rotating forward or sideways will be considered harder in difficulty than inversions rotating backward.</i> <i>*Any twisting elements combined with inversion elements will increase the difficulty of that skill.</i>	Non Inverting/Non Flipping Bump Down Cradle Pop Off Front Cradle/Prone Ball Down 1/2 Turn to Cradle Full Down from SL/EL/1ft Corkscrew from SL/EL/1ft/Single Base Side Prone 3/4 to Cradle/Prone 360 Pop Off Kick Full Cradle 1-1/4 Full Down Cradle Inverting/Flipping Waterfall Pancake/Split Leg Pancake Braced Front Flip to Ground/Cradle Braced 3/4 Flip to Prone/Cradle Braced 1-1/4 Flip to Prone/Cradle

** All progressions will increase in difficult as you move through the progressions of: WL/SL/EL/1ft/Single Base Levels.

** Skills on the grid will be considered to 2ft unless specified as 1ft.

** Skills to 1ft will be considered harder in difficulty than skills to 2ft.

PYRAMID & TOSS PROGRESSIONS

BASKETS	STRUCTURES	BRACED DISMOUNTS	BRACED 'RELEASE' TRANSITIONS	BRACED 'RELEASE' ENTRIES
Show & Go Straight Ride Toe Touch Full Kick Pike Pike Split Ball X Full Twist Kick Full	Thigh Level (1, 2, 3) Shoulder Level (1, 2, 3) Extended Level (1, 2, 3) Extended Level 1ft (1, 2, 3)	Prone/Cradle Pop Down to Ground/Load/Sponge/Toe Pitch Front Flip to Cradle/Ground Back Flip to Prone/Cradle <i>*Skills can be executed from Load, SL, P&G, or EL.</i>	WL to Thigh/SL/EL Toss Straddle* Flatback Retake* Prone Retake* Ball Up* Low-to-High Tick Tock Group to Group* Flatback Rewind* Prone Front Flip* High-to-High Tick Tock SL Inversion* Braced Flip* Hand-to-Hand* Front Flip*	J Toss EL/Ball Up to EL Switch Up to EL Flatback to EL J Toss Low-to-High Tick Tock Quick Toss Press EL Quick Toss Low-to-High Tick Tock Quick Toss to EL/Ball Up to EL Front Flip to WL/SL/EL Rewind to WL/SL/EL Flatback Rewind to Press EL/EL

JUMP & TUMBLING PROGRESSIONS

STANDING	RUNNING
Forward Roll (FWR) Backward Roll (BWR) Cartwheel (CW) Handstand Forward Roll (HS FWR) Back Walkover (BWO) Back Extension Roll (BER) Front Walkover (FWO) Back Handspring (BHS) 2 BHS 2 BHS + Tuck/LO/Full BHS + Tuck/LO/Full Single/DbI/Tpl Jump + BHS/Tuck/LO	Power Hurdle (PH) PH FWO + CW CW + BHS Roundoff (RO) RO Tuck/LO/Full RO BHS Tuck/LO/Full CW + Tuck/LO/Full RO Arabian Whip Alt pass to BHS/Tuck/LO/Full
JUMPS	
Tuck Full	Single Jump Double Jump Triple Jump

*Alternate passes will follow the progression for the ending skill performed.