Note that this list is a sample progression. Skills should be learned from lower to higher and from simple to more complex. Use progression lists and your intended skills to update this list and check off as each group achieves proficiency before moving to the next skill.

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| **Partner Stunt** | **Date Approved** | **Coach Initials** | **Group 1** | **Group 2** | **Group 3** | **Group 4** |
| **Level 1** |
| Step Up Drill |  |  |  |  |  |  |
| L-Stand |  |  |  |  |  |  |
| Shoulder Straddle |  |  |  |  |  |  |
| Side Thigh Stand |  |  |  |  |  |  |
| Double Base Thigh Stand |  |  |  |  |  |  |
| Shoulder Stand |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Level 2** |
| Double Base Shoulder Stand |  |  |  |  |  |  |
| Double Base Prep |  |  |  |  |  |  |
| Cradle Drills |  |  |  |  |  |  |
| Prep with Cradle |  |  |  |  |  |  |
| Double Base Extension |  |  |  |  |  |  |
| Ground-up Prep |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Level 3** |
| Ground-up Extension |  |  |  |  |  |  |
| Liberty with Bracer |  |  |  |  |  |  |
| Ground-Up Liberty |  |  |  |  |  |  |
| Basket Toss Timer |  |  |  |  |  |  |
| Basket Toss Toe Touch |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
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