



Guidelines for Level Appropriate Skills Schools**

Stunt Style	Skill examples*
Twisting	• 1/2 up to extended • Rewind transition to load • Full up variations to prep level (cross leg, bases moving, multiple connections) • Full up to prep level • Full up to prep level lib • Full up to prep level body position
Inversion	• Below prep level inversions out of stunts (yo-yo, back walkover, etc.) • Inverted dismounts (cartwheel style) • Prep level inversions to extended • Released inversions from prep level or below to prep level • Non- Released inversions from prep level or below to extended level

Release	● Release move to Extended level (ex. Quick toss/switch up) ● Horizontal release move to prep level ● Up to ½ twisting switch up to extended single leg
Other	● Single leg extended variations ● Single base extension ● Switch up to prep single leg single base ● Extended single base liberty ● ½ twist to extended single base ● Single twist from extended single leg
Coed	● Toss to prep ● Toss to hands press extension ● Walk-in extension 2 or single leg ● Assisted full up variations to prep level ● Toss to prep press to liberty ● Toss to prep extended single arm platform

REMINDER

* This list of skills is not all inclusive. Please remember other factors for difficulty include pace, combination of skills, number of bases, variety etc.

**** Following this is only a guideline and does not guarantee a specific difficulty score****