

List of possible level appropriate skills

Level 1	Level 2	Level 3	Level 4	Level 5 Restricted
forward roll	s tanding back handspring	multiple standing B HS in a row	s tanding tuck	toe touch back tuck
hand s tand forward roll	T jump back handspring	toe touch back handspring	T jump back tuck	s tanding 2 B HS to full
backward roll	back walkover back handspring	multiple jumps to B HS s	back walk over back tuck	s tanding 1 B HS to full
front walk over	s tanding back handspring step out	punch front forward roll	s tanding hand spring tuck	multiple jumps to back tuck
back walk over	s tanding B HS step out BWO B HS	punch front 2 s tep round off tuck	s tanding hand spring layout	s tanding B HS whip B HS B HS full
switch leg back walk over	s tanding B HS rebound t jump B HS	round off tuck	2 B HS to a tuck	jump B HS whip B HS B HS full
cartwheel	round off back handspring	F WO round off tuck	2 B HS to a layout	R O B HS full
round off	R O multiple back handsprings	round off handspring tuck	toe touch B HS tuck	F WO R O B HS full
back extension roll	F WO round off back handspring	F WO round off hand spring tuck	toe touch B HS layout	punch front R O B HS full
cartwheel back walkover	F WO R O multiple BHS	R O multiple hand springs to tuck	s tanding tuck B HS B HS tuck	Arabian stop
round off back walkover	R O B HS s tep out R O B HS	s ide ariel	s tanding tuck B HS B HS layout	R O B HS whip B HS B HS full
multiple back walkovers in a row	R O B HS s tep out FWO R O B HS	s ide ariel 2 s tep R O B HS tuck	toe touch B HS tuck B HS B HS lay	
front walkover cartwheel			B HS whip/tuck B HS B HS lay	
front walkover round off			cartwheel back tuck	
back bend kick over			round off B HS layout	
			round off L layout	
			F WO R O B HS layout	
			punch front through to layout	
			R O whip B HS B HS layout	
			R O B HS whip B HS B HS layout	
			R O B HS layout step out	

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