

PYRAMID PROGRESSIONS

Non-Released	Braced non-released	Inverted stunts to	Inverted stunts involving	•Inverted stunts involving
Transition	transitions	extended - 2 bracers	spinning to extended - 2	spinning to extended - 1
Hansilion	Inverted stunts to prep	 Advanced full up variations 	bracers	bracer
	level and below	·	Inverted stunts to	•Super elite full up
	Intermediate full up		extended - 1 bracer	variations
	variations		•Elite full up variations	•Single base elite / super
			•Single base advanced full	elite full up variations
			up variations	·
Released	•Released transition to any	•Released transition landing	•	•Released transition to
	level with 2 bracers	extended with 1 bracer		extended involving spinning
Transition	 Released transition to prep 	•Braced inverted stunts	inversion that land	/ inversions with 1 bracer
	or below with 1 bracer	released to prep level and	extended with 2 bracers	•Unbraced spinning release
	•Switch up landing	below	•Unbraced releases landing	landing extended
	extended - braced or		extended	g
	unbraced		OALOHAGA	
	ana.aooa			
Braced	•Flipping transition landing	•Flipping transition landing	•Flipping transition landing	•Flipping transition starting
2.0000	below prep level	at prep level	extended	at prep or above, landing
Roll/Flip	•Rolling transition to prep	•1/2 twisting flipping	•1/2 twisting flipping	extended
	and below	transition landing below	transition landing at prep	•1/2 twist flipping
	and below	prep level	level	transition landing extended
		•Rolling transition to	•Rolling transition to	•Flipping transition landing
		extended position - 2	extended position - 1 bracer	extended with minimal
		•	exteriueu position - i bracer	
		bracers		bases
				7/1/2019