



PYRAMID PROGRESSIONS

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