

# 2024 - 2025 ALL-STAR SKILLS

## STUNT CHECKLIST LEVELS 1 - 3

### LEVEL 1

- 1/4 UP TO PREP FROM SPONGE
- TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) W BRACER
- STRAIGHT CRADLE FROM PREP

### LEVEL 2

- INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION
- TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION)
- 1/2 UP TO EXTENSION
- 1/4 CRADLE FROM EXTENSION

### LEVEL 3

- SWITCH UP TO PREP LEVEL BODY POSITION
- FULL UP TO PREP LEVEL BODY POSITION
- FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)
- 1/2 UP TO EXTENDED BODY POSITION
- FULL DOWN FROM PREP OR EXTENSION

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## STUNT CHECKLIST LEVELS 4 + 5

### LEVEL 4

- RELEASED INVERSION FROM PREP LEVEL TO EXTENDED STUNT
- TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW)
- FULL UP TO EXTENDED 1 LEG STUNT OR 1 ½ UP TO PREP LEVEL BODY POSITION
- DOUBLE DOWN FROM PREP OR EXTENSION

### LEVEL 5

- RELEASED INVERSION FROM PREP LEVEL TO EXTENDED LIB
- TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)
- FULL UP TO EXTENDED BODY POSITION OR 1 ½ UP TO EXTENDED LIB
- FULL UP SWITCH UP TO EXTENDED BODY POSITION
- DOUBLE DOWN FROM EXTENDED BODY POSITION

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## FLYER CHECKLIST

- **RIGHT/LEFT HEEL STRETCH**
- **RIGHT/LEFT BOW AND ARROW**
- **RIGHT/LEFT ARABESQUE**
- **RIGHT/LEFT SCALE**
- **LEFT SCORPION (STANDING ON RIGHT LEG)**
- **L NEEDLE (STANDING ON RIGHT LEG)**