

Advanced skills

Coed + All Girl: Groupstunts

Stunts

Twisting

- 1 + ½ full up to prep
- Full up to lib
- Full around prep to prep

Release moves

- Switch up from waist to ext
- Full twist switch up to prep – ½ switch up to prep
- Tick tock prep – prep

Inverts

- Shoulder to prep
- Handstand to prep
- BHS to prep

Dismounts

- Double down from prep level/ext level
- Full down ext arabesque
- Braced flip from prep

Tosses

- Kick full
- Pike – pretty girl
- Toe touch
- Pike – split

Elite skills

For Coed : two-based

For All Girl: Groupstunt

Stunts

Twisting

- 1 + ½ full up to lib
- Double up to extended
- 1 + ½ Full around prep to ext
- Double down to prone

Release moves

- Full Switch up from ground to ext

- Tick tock high to high (to heelstretch)
- Powerpress tick tock to heelstretch (All Girl)

Inverts

- Shoulder to lib ext
- Extended handstand to ext
- BHS to ext

Dismounts

- Double down from bodypositions
- Braced flip from prep

Tosses

- Kick double (variations: hitch kick,...)
- Pretty girl – pike - split
- Toe touch (variations: full twist – toe touch)

Partnerstunts

- Toss to block
- Toss to cupie
- Toss to lib
- Powerpress full around