

A Skills	B Skills	C Skills	D Skills	E Skills	F Skills	G Skills	H Skills
Seat	Seat to Drape	Seat to Gainer	Seat 180 Attitude	360 Seat	High 360 Seat		
Drape	Seat Balance Drape Balance Drape to Barbell Drape Walkover	Drape Spin Down Drape to Seat Drape handstand Drape to Gainer Drape Death Drop	Drape to Star Pike Up to Drape Drape p/o Step Up Drape p/o Attitude Drape HindSind Balance	360 Drape Reverse 360 Drape		720 Drape	1080 Drape 1440 Drape
Step-up S or B	Step-up to Stag Step-up to Diver Tabletop	Step-up to 180 Tabletop Step-up to Gainer Step-up to Attitude Step-up to Needle	Step Up 180 Catch	Table Top to Drape 360 Table Top Tick Tock Step Up 360 Catch	540 Table Top Step-up to Handstand Step-up to Scorpion	720 Table Top 720 Tick tock	1080 Table Top 1440 Table Top
Side Barbell	Back Barbell	Shooting Star	Roll Down Full Butterfly		Roll Down/Roll Up(Side)		
	Star to Tabletop	Star					
	Bk Attitude	Front Attitude	Bk Attitude 180 Catch	360 Attitude	High 360 Attitude		
	Attitude to Drape	Attitude Heel Stretch	Attitude to Star Heel Stretch to Star Heel Stretch to Scale	360 Heel Stretch Torch Flip			
	Gainer	Gainer to Seat	Gainer p/o Step Up Gainer p/o Attitude Inv. Ndl to Step Up Inv. Ndl to Attitude				
	Skater	Skater Balance	Skater 180 Step-up Skater Roll Down	360 Skater		720 Skater	1080 Skater 1440 Skater
Sitting Dock Start	Land in Arms	Sliding Shoulder Start	Statue of Liberty	Gullotine Barrel Roll		1 Arm F. Thigh Lever 1 Arm B. Thigh Lever	
Land on Skis	Land in Arms			Pike Up to Table Top	Swing up Handstand		
Spin out	Lift to Drape			Sitting Start in Lift	Flying Pick-up Start		Sliding Start in Lift
Spin in	Lift to Step-up	Drape Spin Down	Pike-Bk Table Top	Land in Lift			
Flair	Lift to Barbell	Walkover	Pin Wheel	Pike to Star			
Shoulder Sit	Lift to Seat	Shooting Star	360 Barrel Roll	Swing up Handstand			
Fish	Lift to Attitude	Throw to Seat	Neck Wrap	Hip/Thigh Flip	720 Barrel Roll	1080 Barrel Roll	1440 Barrel Roll
	Marlin	Roll Down	Torch Flip	Lasso (ice skater)	Gullotine 720 Roll		
		Body Wrap	Star	360 Skater Toss	1 Arm Detroit		
		Gullotine	Gullotine 360 Roll	Roll Down/Roll Up			
		Barbell Spin		1 Arm F. Thigh Lever Roll Down/Roll Up 1 Arm B. Thigh Lever 540 Barrel Roll Hand to Foot Stand Gullotine 540 Roll			