

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 Step-up to 180 Tabletop Step-up to Gainer Step-up to Attitude Step-up to Needle	Drape to Star Pike Up to Drape Drape p/o Step Up Drape p/o Attitude Drape HindSind Balance Step Up 180 Catch	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 Star	Shooting Star	Roll Down Full Butterfly		Roll Down/Roll Up(Side)		
	Star to Tabletop Bk Attitude Attitude to Drape	Front Attitude Attitude Heel Stretch	Bk Attitude 180 Catch Attitude to Star Heel Stretch to Star Heel Stretch to Scale Gainer p/o Step Up Gainer p/o Attitude Inv. Ndl to Step Up Inv. Ndl to Attitude	360 Attitude 360 Heel Stretch Torch Flip	High 360 Attitude		
	Gainer	Gainer to Seat Inverted Needle					
	Skater	Skater Balance	Skater 180 Step-up Skater Roll Down	360 Skater		720 Skater	1080 Skater 1440 Skater
Sitting Dock Start	Land in Arms Lift to Drape Lift to Step-up Lift to Barbell Lift to Seat Lift to Attitude Marlin	Sliding Shoulder Start Drape Spin Down Walkover Shooting Star Throw to Seat Roll Down Body Wrap Guillotine Barbell Spin	Statue of Liberty Pike-Bk Table Top Pin Wheel 360 Barrel Roll Neck Wrap Torch Flip Star Guillotine 360 Roll	Guillotine Barrel Roll Pike Up to Table Top Sitting Start in Lift Land in Lift Pike-Ft Table Top Pike to Star Swing up Handstand Hip/Thigh Flip Lasso (ice skater) 360 Skater Toss Roll Down/Roll Up 1 Arm F. Thigh Lever Roll Down/Roll Up 1 Arm B. Thigh Lever 540 Barrel Roll Hand to Foot Stand Guillotine 540 Roll	Swing up Handstand Flying Pick-up Start	1 Arm F. Thigh Lever 1 Arm B. Thigh Lever	Sliding Start in Lift 1440 Barrel Roll