

## Beginner

## Intermediate

## Advanced

Level 1

- Forward Roll
- Backward Roll
- Cartwheel
- Round Off

- Jumps to Forward Roll
- Jumps to Backward Roll
- Bridge Kickover
- Back Walkover

- Front Walkover
- Back Walkover Series
- Speciality Series
- Switch Leg Backwalkover

Level 2

- Standing BHS
- Jump Pause BHS
- Round Off BHS
- Front Handspring

- BHS pause BHS
- BWO BHS
- RO BH Series
- Front Bounder

- FWO RO BHS Series
- Speciality Series
- Front Bounder Step-out
- FHS Front Bounder

Level 3

- Standing 2 BHS
- Jumps to BHS
- Round Off Tuck
- RO BHS Tuck

- Standing 3 BHS
- 2 Jumps to 2 BHS
- FWO RO BHS Tuck
- Punch Front
- Aerial

- Jump BHS Jump BHS or combo
- Jump BHS SO RO BHS Tuck
- FWO RO BHS SO RO BHS Tuck
- Punch Front Pause RO BHS Tuck
- Aerial through to a Tuck

Level 4

- Standing Tuck
- Standing BHS Tuck
- Jump to BHS Tuck
- RO BHS Layout

- 2 Jumps to BHS Tuck
- 2 Jumps pause Tuck
- FWO RO BHS Layout
- Standing 2 BHS Tuck
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- Punch Front RO BHS Layout
- RO Whip BHS Layout
- RO Whip Punch Layout
- Front Handspring front through

Level 5

Beginner

- 2 Jumps to Tuck
- RO BHS Full
- FWO RO BHS

Intermediate

- Standing BHS Layout
- RO Whip 2 BHS Full

Advanced

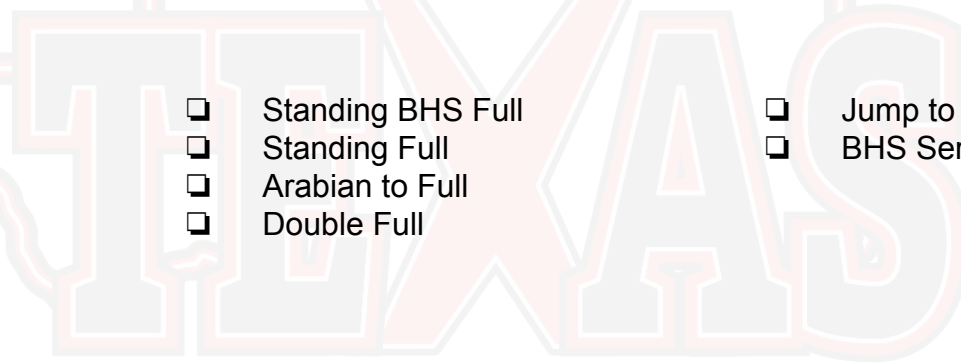
- Jump to BHS Layout
- BHS Whip BHS Layout
- Punch Front to BHS Full

Level 6

- 3 BHS Full
- 2 BHS Full
- Jump to BHS Full

- Standing BHS Full
- Standing Full
- Arabian to Full
- Double Full

- Jump to Standing Full
- BHS Series to Double



ALLSTAR CHEER