

DEMO SKILL LEVELS

Level 1	Level 2
Stepping Stool Kick Jump Front Kick Reverse Crescent Kick Inside Crescent Kick Hook Kick Spinning Hook Kick Flying Side Kick	Tornado Kick Cartwheel Butterfly Kick Handstand Round-off Dive Roll 1min. Backbridge
Level 3	Level 4
L-kick Kip-up Backbend Front Handspring No Handed Kip-Up 540	Full Split Ariel Back walk-over Front walk-over Starfish Kip-Up Back Handspring Butterfly Twist
Level 5	
Back Tuck Front Flip Webster	Corkscrew Misty Cheat Gainer