

INVERSION PROGRESSIONS

Handstand Double Base Thigh	2-4	Inversion is initiated at thigh level
Handstand to Shoulder Straddle/Sit	2-4	
Arm bar to Load	2-4	“T” (similar to Front Walkover to load)
Yo-yo	2-4	
Single base Suspended Roll	4-6	Load to Cradle (non-twisting Baja)
Suspended Forward Roll	4-6	Inversion to Ground Level
Suspended Forward Roll from prone	4-6	“Superman” to Hang-drill or Cradle
Inverted Leap Frog Skills	4-6	Inverted forward or backward
Arm bar to Prep	4-6	Inversions from ground Level to Prep/Extension) (Front Walkover to Prep) T”
Arabian Suspended Forward Roll	4-6	Load to mat twisted flip; foot to back spot lands on the mat (enhancement on front flip) so higher in range
Cartwheel up to load/prep	4-6	Roundoff to Prep (lower in range) Inversion from ground level to Prep/Extension
Backhandspring to load	4-6	Feet are caught by bases, and do not hit the mat first
Front Handspring to load	4-6	Feet are caught by bases, and do not hit the mat first
Cartwheel out	6-8	Downward inversion from Prep Level
Back Suspended Roll	6-8	Inverted from Prep to Prep level
Pancake/Foldover	6-8	Inverted from Prep level
Waterfall out	6-8	Twist to Waterfall higher in the range
Handstand at Shoulder inversion	6-8	(K D diagram in packet) Prep level
Handstand at Prep Level	6-8	Higher within the range
Back Handspring to prep	6-8	This skill is continuous
Front Handspring to prep	6-8	This skill is continuous
Handstand to Extended	8-10	Ground up to extended
BHS to Extended	8-10	Ground up to extended
Front HS to Extended	8-10	Ground up to extended

looking where inversion starts

TWISTING SKILL PROGRESSIONS

Modified Full ups	4-6	crossed feet, creative grip - still in range, but lower in the corresponding range
Low to low	4-6	
Low to High 2 leg	6-8	
Single base 1 1/2 up	8-10	
Low to High pull thru 1 leg	8-10	
1 1/2 Low to High variation	8-10	
High to High pull through	8-10	

** no handed twisting skills should receive higher score due to difficulty

RELEASE SKILLS

Low to Low Tick Tock	4-6
Low to High Tick Tock	6-8
High to Low to High Tick Tock	8-10

PYRAMIDS

Arabian - Low to Low	6-8	facing back and Twisting then flip
Arabian - High to Low	6-8	
Side Sumi - Low to Low	6-8	twisting & flipping
Arabian - Low to High	8-10	
Arabian - High to High	8-10	placed higher within the 8-10 range