



A VARSITY SPIRIT BRAND

# STUNT PROGRESSIONS

	Release	Inversion	Spinning	Other	Coed Style
Intermediate	<ul style="list-style-type: none"> <li>•Prep level tick tock liberty variations</li> <li>•Switch up to extended liberty variations</li> </ul>	<ul style="list-style-type: none"> <li>•Inverted stunts below prep level</li> <li>•Below prep level inversions out of stunts</li> </ul>	<ul style="list-style-type: none"> <li>•Cross leg full up variations</li> <li>•Full up to prep level and below variations</li> <li>•Spinning transitions to side / prone / cradle</li> </ul>	<ul style="list-style-type: none"> <li>•Full twisting dismount from two leg stunts</li> <li>•Single leg extended variations</li> <li>•Single base extension</li> </ul>	<ul style="list-style-type: none"> <li>•Assisted walk in / toss chairs</li> <li>•Assisted walk in / toss hands</li> <li>•Assisted coed skills at prep level</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>•Quick toss to two leg stunt</li> <li>•Release moves caught at prep level or below</li> <li>•Switch up to extended elite body positions</li> <li>•1/2 switch up to extended liberty variations</li> <li>•Low to high tick tock liberty variations</li> </ul>	<ul style="list-style-type: none"> <li>•Suspend rolls</li> <li>•Inversion transitions to prep level and below</li> <li>•Release inverted stunts to below prep level</li> <li>•Prep level inverted stunts</li> </ul>	<ul style="list-style-type: none"> <li>•Full up variations to extended target / liberty</li> <li>•Spinning rewind</li> </ul>	<ul style="list-style-type: none"> <li>•Full twisting dismount from single leg stunts</li> <li>•Extended single base liberty variations</li> </ul>	<ul style="list-style-type: none"> <li>•Walk in hands press extension</li> <li>•Toss hands press extension</li> <li>•Walk in extension</li> <li>•Assisted full up variations to extended level</li> </ul>
Elite	<ul style="list-style-type: none"> <li>•Quick toss to single leg extended</li> <li>•1/2 switch up to elite body positions</li> <li>•Release moves from prep level to extended stunts</li> <li>•Low to high tick tock variations with elite body positions</li> </ul>	<ul style="list-style-type: none"> <li>•Spinning suspended rolls</li> <li>•Waterfall style dismounts</li> <li>•Inversions to extended stunts</li> <li>•Released inverted stunts to prep level</li> </ul>	<ul style="list-style-type: none"> <li>•Full up variations to elite body positions</li> <li>•1 1/2 up to extended target / liberty</li> <li>•Hands full around to extended target / liberty</li> </ul>	<ul style="list-style-type: none"> <li>•Extended single base variations with elite body position</li> </ul>	<ul style="list-style-type: none"> <li>•Toss hands press to single leg variation</li> <li>•Walk in to extended single leg variation</li> <li>•Toss extension</li> <li>•Toss platform with single leg variation</li> </ul>
Super Elite	<ul style="list-style-type: none"> <li>•Spinning switch up variations</li> <li>•Spinning release moves to extended positions</li> <li>•Spinning quick toss release to extended positions</li> </ul>	<ul style="list-style-type: none"> <li>•Inversions to extended elite body positions</li> <li>•Spinning inversions to extended stunts</li> </ul>	<ul style="list-style-type: none"> <li>•1 1/2 up to extended elite body positions</li> <li>•High to high full around variations</li> <li>•Hands full around to extended elite body positions</li> <li>•Double up to extended stunts</li> </ul>	<ul style="list-style-type: none"> <li>•Extended single base variations that include spinning / releases</li> </ul>	<ul style="list-style-type: none"> <li>•Toss variations to single leg</li> <li>•Stunt to stunt release coed skills</li> <li>•Toss one arm extended stunts</li> <li>•Toss full up variations</li> </ul>