



A VARSITY SPIRIT BRAND

# PYRAMID PROGRESSIONS

## Non-Released

## Released Transition

## Braced Roll/Flip

	Non-Released	Released Transition	Braced Roll/Flip
Intermediate	<ul style="list-style-type: none"> <li>•Braced non-released transitions</li> <li>•Inverted stunts to prep level and below</li> <li>•Intermediate full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition to any level with 2 bracers</li> <li>•Released transition to prep or below with 1 bracer</li> <li>•Switch up landing extended - braced or unbraced</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition landing below prep level</li> <li>•Rolling transition to prep and below</li> </ul>
Advanced	<ul style="list-style-type: none"> <li>•Inverted stunts to extended - 2 bracers</li> <li>•Advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition landing extended with 1 bracer</li> <li>•Braced inverted stunts released to prep level and below</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition landing at prep level</li> <li>•1/2 twisting flipping transition landing below prep level</li> <li>•Rolling transition to extended position - 2 bracers</li> </ul>
Elite	<ul style="list-style-type: none"> <li>•Inverted stunts involving spinning to extended - 2 bracers</li> <li>•Inverted stunts to extended - 1 bracer</li> <li>•Elite full up variations</li> <li>•Single base advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition involving spinning or inversion that land extended with 2 bracers</li> <li>•Unbraced releases landing extended</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition landing extended</li> <li>•1/2 twisting flipping transition landing at prep level</li> <li>•Rolling transition to extended position - 1 bracer</li> </ul>
Super Elite	<ul style="list-style-type: none"> <li>•Inverted stunts involving spinning to extended - 1 bracer</li> <li>•Super elite full up variations</li> <li>•Single base elite / super elite full up variations</li> </ul>	<ul style="list-style-type: none"> <li>•Released transition to extended involving spinning / inversions with 1 bracer</li> <li>•Unbraced spinning release landing extended</li> </ul>	<ul style="list-style-type: none"> <li>•Flipping transition starting at prep or above, landing extended</li> <li>•1/2 twist flipping transition landing extended</li> <li>•Flipping transition landing extended with minimal bases</li> </ul>