



A VARSITY SPIRIT BRAND

STUNT PROGRESSIONS

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

Updated 9/6/17

*Body Position does not include target or liberty/torch.