

# WSA SKILLS CHART LEVEL 1-3

		BASKET TOSSES	STUNTS	PYRAMIDS	STANDING TUMBLING	RUNNING TUMBLING
LEVEL OF SKILL DIFFICULTY IN ASCENDING ORDER	LEVEL 1	*N/A	*Extension Preps *One Leg Below Prep	*Pyramids at Prep Level and Below *Pyramids With Extended Two Leg Stunts	*Forward / Backward Rolls *Cartwheels *Front / Back Walkovers *Multiple Front/ Back Walkovers	*Cartwheel *Round Off *Round Off Back Walkover *Round Off Back Walkover Series
	LEVEL 2	*Straight Ride	*One Leg At Prep *1/4 Turn Cradle From Prep *1/2 Up to Prep Level *1/2 Up to Prep Level Single Leg *Extension *1/2 Up to Extension	*Pyramids with One Leg Stunts *Pyramids with L2 Release Moves *Pyramids with L2 Inversions into Pyramid	*Single BHS *L1 Skill + to BHS	*Round Off BHS *Round Off BHS Step out Series *Front Walkover into Round Off BHS
	LEVEL 3	*Toe Touch *Tuck Arch *Single Twist Toss	*Full Up to Prep *Extended One Leg Stunt *1/2 Up to One Leg Stunt *Required Dismount Single Twist From Two Leg	*Pyramids with 1 Leg Extended Stunts *Pyramids with L3 Release Moves *Pyramid with Suspended Front Flips	*Series BHS *Jump to BHS Combination	*Round Off BHS Back Tuck *Round Off Back Tuck *Front Walkover Round Off BHS Back Tuck *Running Punch Front *Punch Front into Round Off BHS Back Tuck

# WSA SKILLS CHART LEVEL 4-6

		BASKET TOSSES	STUNTS	PYRAMIDS	STANDING TUMBLING	RUNNING TUMBLING
LEVEL OF SKILL DIFFICULTY IN ASCENDING ORDER	LEVEL 4	*Kick Fulls *Double Fulls *Single Skill Tosses Including Twist	*Advanced Skills <i>(See Attachment)</i> *Required Dismounts Single Twist from One Leg or Double Twist From Two Leg *Elite Skills <i>(See Attachment)</i> *Required Dismounts Single Twist from One Leg or Double Twist From Two Leg *Single Base, Unassisted Stunt	*Pyramids with One Leg Extended Stunts and a Minimum of One Release Move *Pyramids with One Leg Extended Stunts and Multiple Release Moves	*Back Tuck *BHS Back Tuck *BHS Layout *Jump to BHS Back Tuck	*Round Off BHS Layout *Round Off Lay Out *Front Walkover Round Off BHS Lay Out *Boulder Passes *Punch Front into Round Off BHS Lay Out
	LEVEL 5	*Kick Double Full *Kick Double Full Twisting with Specialty Skills	*Advanced Skills <i>(See Attachment)</i> *Required Dismounts Double Twist from One Leg Stunt *Elite Skills <i>(See Attachment)</i> *Required Dismounts Double Twist from One Leg Stunt *Single Base, Unassisted Extended Stunt	*Pyramid with One Leg Extended Stunts and Multiple Release Moves and Multiple extended Structures *Pyramid with Extended One Leg Stunts and a minimum of One Braced Flip Transition *Pyramids with Extended One Leg Stunts and Multiple Braced Flip Transitions and Multiple Extended Structures	*Jump to Back Tuck *Standing Skills with Full Twisting Rotation *Standing Skills with Double Full Twisting Rotation	*Series Tumbling with Single *Full Twisting Flip *Series Tumbling with *Double Full Twisting Flip
	LEVEL 6	*Flipping Tosses *Flipping and Twisting Tosses	*Unassisted Single Base Extended Stunts *Free Flipping Stunts to Extended Position *Full Twist up to an Extended Position	*2 and 1/2 high Collegiate Pyramids	*Same as L5	Same as L5

## ADVANCED STUNTING SKILLS INCLUDE: *(but not limited too)*

- Extended One Leg Stunts
- Minor Releases Landing at Prep Level or Below
- Inverted Transitions to Prep Level or Below
- Walking Stunts
- Turning Stunts
- ½ and Single Twisting Transitions
- Power Presses

## ELITE STUNTING SKILLS INCLUDE: *(but not limited too)*

- Full Up to Extended Position
- Release Moves Landing in Extended Position
- Major Tick Tock Variations
- Inverted Transitions to Extended Position
- 1 ½ and 2 Twisting Transitions
- Toss Extended Stunts