



Panel C Quick Reference Guide

Stunt/Pyramid Skills				
Basic		Intermediate		Advanced
Straight-up stunt to prep level or extension	Faux full-up to extended position		True full-up to extended position	
	True full-up to prep level		Ball-up	
Prep level stunts	Half-up to extended position		Switch-up to extended position	
Half-up to prep	Switch-up to prep level		Inversion to extended position	
	Inversion from below prep level to prep level		Quick toss to the extended position	
	Quick toss to prep level		Unbraced tick-tock (low-to-high) - <i>Stunt only</i>	
	Invert from prep level to prep level			
Dismounts				
Basic		Intermediate		Advanced
Straight cradles from two leg or single leg stunts		1 - 1 ¼ rotation (twist) from prep level single leg position		1 - 1 ¼ rotation (twist) from extended single leg position
Pop downs		360 down (cork screw) from extended (two legged) position to a squish or floor		360 down (cork screw) from extended (single leg) position to a squish or floor
Squish		360 down (cork screw) from prep level to a squish or floor		Power press prep level kick/toe/pike full
Prone from prep level		Full down from prep or extended position		
		Forward suspended roll		
		Prone from extended level		
		Half turn cradle		
		Yoyo		
Body Position	Flexibility	Tosses		
Heel Stretch	Heel Stretch	Basic	Intermediate	Advanced
Bow & Arrow, Cobra	Bow & Arrow, Cobra	Straight rides	Single full	Kick single or 1 ¼
Scale	Scale	Blow outs	X-outs	Hitch-kick single or 1 ¼
Scorpion, Needle	Scorpion, Needle	Pose	Toe touch	Star single or 1 ¼
Front Stretch	Front Stretch		Pike	Toe touch full down
No-hands/ Chin Chin/ Cry Baby	No-hands/ Chin Chin/ Cry Baby		Ball up star	Full up toe-touch
Liberty		Number of Males on a Team		Number of Coed Stunts to Execute
Torch		1-2		1
Arabesque		3-4		2
		5-6		3
		7-8		4
		9-10		5
Pyramid Transitions				
Basic		Intermediate		Advanced
Show and go		Half around back to squish		1½ around back to squish
Single leg show-and-go		Full around back to squish		Vault
Straddle sit		Flat back into stunt		Release transitions – loss of contact tricks in a pyramid such as a braced <ul style="list-style-type: none"> • High-to-high tick tock • Low-to-high tick tock • Ball up • Toe touch • Full around • Forward flip • Backward flip • And more
Splits		Helicopter		
		Power press and other similarly difficult skills		
		Invert from prep level to prep level or load position		
		Up and over		

Panel C Quick Reference Guide

