

## Skill Progression Chart

| AYC RECOMMENDED SKILL PROGRESSIONS | SKILL DIVISION | AYC RECOMMENDED SKILL PROGRESSIONS            | SKILL DIVISION |
|------------------------------------|----------------|---|----------------|
| <b>TUMBLING SKILL</b>              |                | <b>STUNTING SKILL</b>                         |                |
| Forward/Backward Roll              | White          | Step up Drills                                | White          |
| Handstand                          | White          | L-Stand                                       | White          |
| Cartwheel                          | White          | Double Base Thigh Stand                       | White          |
| Round-off                          | White          | Shoulder Sit                                  | White          |
| Front/Back Walkover                | White          | Straddle Sit at prep                          | White          |
| Back Extension Roll                | White          | Walk-up Shoulder Stand from Lunge             | White          |
| Front/ Back Handspring (BHS)       | Red            | Pick-up Shoulder Stand                        | White          |
| Front/ BHS Series                  | Red            | Single Base Thigh Stand - 1 leg Variations    | White          |
| Round-off, BHS                     | Red            | 2 Leg Prep Level                              | White          |
| Round-off, BHS Series              | Red            | 1/4 Twist Load In                             | White          |
| Toe Touch, BHS                     | Red            | Press Extension from Prep                     | Red            |
| Round-off, Back Tuck               | Blue           | Straight up Extension                         | Red            |
| Round-off, BHS, Back Tuck          | Blue           | Step-up Liberty Variations Prep Level         | Red            |
| Punch Front                        | Blue           | Barrel/Log Roll                               | Red            |
| Standing Tuck                      | Blue           | 1/2 Twist Load In                             | Red            |
| Standing BHS, Back Tuck            | Blue           | Forward Suspended Roll                        | Red            |
| Toe Touch, Back Tuck               | Blue           | Show n' Go 2 Leg                              | Red            |
| Round-off BHS, Layout              | Blue           | 360* Load In Sponge to sponge                 | Red            |
| Round-off, BHS, Full               | Blue           | Inverted Skills from the performing surface   | Red            |
| <b>TOSSES</b>                      |                | Inverted stunts, downward inversions, pancake | Blue           |
| Sponge/Basket Toss 1 skill         | Red D10 & up   | 1 Leg Extended Show n' Go                     | Blue           |
| Basket Toss - Kick single          | Blue           | Extended 1 Leg Variations                     | Blue           |
| Helicopter - 180 degrees           | Blue           | 1 ½ Twist Load in to Prep                     | Blue           |
|                                    |                | 1 Twist load in to Extension                  | Blue           |
|                                    |                | Express Up                                    | Blue           |
|                                    |                | Tick-Tock                                     | Blue           |
|                                    |                | <b>DISMOUNTS</b>                              |                |
|                                    |                | Step Off Drill & Bear Hug                     | White          |
|                                    |                | Cradle Drills & Cradle from 2 Leg Prep        | White          |
|                                    |                | ¼ Twist Cradle                                | White          |
|                                    |                | Inverted Skills from Cradle                   | Red            |
|                                    |                | Cradle from 2 Leg Extension                   | Red            |
|                                    |                | Cradle from 1 Leg Prep                        | Red            |
|                                    |                | Full Twist Cradle from Prep/Extension         | Red            |
|                                    |                | Full Twist Cradle from 1 Leg Prep             | Red            |
|                                    |                | Full Twist Cradle from 1 Leg Extension        | Blue           |
|                                    |                | Double Twist from 2 Leg                       | Blue           |
|                                    |                | Cradle to Prone                               | Blue           |

Please reference White, Red, and Blue skill sheets for any restricted skills for division 8