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|--------------|-------------|--|---|----------------------|
| Name: | Age: | | Tumbling Skill Level: _____ | Average Skill Level: |
| | | | Jump Skill Level: _____ | |
| | | | Dance/Motion Skill Level: _____ | |
| | | | Stunt Skill Level: _____ / Base or Flyer | |

Standing/Running Tumbling Skills:

| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 Restricted |
|--|--|--|---|--|
| <input type="checkbox"/> Forward Roll <input type="checkbox"/> Cartwheel <input type="checkbox"/> Round-off <input type="checkbox"/> Bridge <input type="checkbox"/> Bridge/Kick-over <input type="checkbox"/> Backbend <input type="checkbox"/> Backbend/Kick-over <input type="checkbox"/> Front Limber <input type="checkbox"/> Front Walkover <input type="checkbox"/> <i>Combination – 2 or more skills</i> <input type="checkbox"/> Forward Roll/Cartwheel <input type="checkbox"/> Round-off/Backbend <input type="checkbox"/> 3 or more skills | <input type="checkbox"/> Front Walk-over <input type="checkbox"/> Back Walk-over <input type="checkbox"/> Back Handspring <input type="checkbox"/> <i>Combination – 2 or more skills</i> <input type="checkbox"/> Back Handspring/ Forward Roll <input type="checkbox"/> Back Walk-over/ Back Hand Spring <input type="checkbox"/> <i>Running Skills</i> <input type="checkbox"/> Round-off BHS <input type="checkbox"/> Round-off BHS series <input type="checkbox"/> Front Walk into BHS series | <input type="checkbox"/> Back Handspring <input type="checkbox"/> Standing BHS series <input type="checkbox"/> Toe Touch/BHS <input type="checkbox"/> Dbl Toe Touch/BHS series <input type="checkbox"/> <i>Running Skills</i> <input type="checkbox"/> Round-off BHS series (3 or more) <input type="checkbox"/> Aerial Cartwheel <input type="checkbox"/> Round-off Back Tuck <input type="checkbox"/> Round-off BHS/Tuck Series with a tuck <input type="checkbox"/> Front Tuck (Punch) | <input type="checkbox"/> Standing BHS series <input type="checkbox"/> Standing BHS into back tuck <input type="checkbox"/> Standing Back Tuck <input type="checkbox"/> Triple Toe Touch/BHS-Tuck <input type="checkbox"/> Standing Front Tuck <input type="checkbox"/> Jump combo into front tuck <input type="checkbox"/> <i>Running Skills</i> <input type="checkbox"/> Round-off BHS series with a tuck <input type="checkbox"/> Round-off BHS series with a layout <input type="checkbox"/> Round-off BHS series with a layout/step-out <input type="checkbox"/> Whip Series <input type="checkbox"/> BHS series into a full twist <input type="checkbox"/> Specialty series into a layout position | <input type="checkbox"/> Standing Back Tuck <input type="checkbox"/> Standing BHS into back tuck <input type="checkbox"/> Triple Toe Touch/Back Tuck <input type="checkbox"/> Standing Front Tuck <input type="checkbox"/> Jump combo into front Tuck <input type="checkbox"/> Standing BHS/Full Twist <input type="checkbox"/> <i>Running Skills</i> <input type="checkbox"/> Round-off BHS series with a layout <input type="checkbox"/> Round-off BHS series with a layout/step-out <input type="checkbox"/> Whip Series <input type="checkbox"/> BHS series into a full twist <input type="checkbox"/> Specialty series into a full twist |

Jumps:

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|--|--|---|---|--|
| <input type="checkbox"/> Tuck Jump <input type="checkbox"/> Straddle Jump <input type="checkbox"/> Toe Touch <input type="checkbox"/> Combination Jump w/ a re-prep | <input type="checkbox"/> Toe Touch <input type="checkbox"/> Pike <input type="checkbox"/> Hurdler <input type="checkbox"/> <i>Combination Jumps</i> <input type="checkbox"/> Dbl Toe Touch <input type="checkbox"/> Hurdler/Pike <input type="checkbox"/> Toe Touch/Pike | <input type="checkbox"/> Dbl Toe Touch <input type="checkbox"/> Pike <input type="checkbox"/> Hurdler <input type="checkbox"/> <i>Combination Jumps</i> <input type="checkbox"/> Toe Touch/BHS <input type="checkbox"/> Dbl Toe Touch/BHS <input type="checkbox"/> Multiple Jump Series | <input type="checkbox"/> Dbl Toe Touch <input type="checkbox"/> Pike <input type="checkbox"/> Hurdler <input type="checkbox"/> <i>Combination Jumps</i> <input type="checkbox"/> Dbl Toe Touch/BHS-Tuck <input type="checkbox"/> Multiple Jump Series/BHS-Tuck | <input type="checkbox"/> Triple Toe Touch <input type="checkbox"/> Pike <input type="checkbox"/> Hurdler <input type="checkbox"/> <i>Combination Jumps</i> <input type="checkbox"/> Triple Toe Touch/Back Tuck <input type="checkbox"/> Multiple Jump Series/BHS-Full Twist |
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Dance/Motions:

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|--|--|--|--|--|
| <input type="checkbox"/> Basic Motion Technique <input type="checkbox"/> Correct Placement <input type="checkbox"/> Able to count music <input type="checkbox"/> Able to hit motions on correct beat <input type="checkbox"/> Formation changes while dancing <input type="checkbox"/> Performs basic level changes | <input type="checkbox"/> Intermediate Motion Technique <input type="checkbox"/> Tight/correct placement <input type="checkbox"/> Synchronization with others <input type="checkbox"/> Formation changes while dancing <input type="checkbox"/> Performs intermediate level changes <input type="checkbox"/> Intermediate Footwork <input type="checkbox"/> Energy/Visual | <input type="checkbox"/> Intermediate Motion Technique <input type="checkbox"/> Tight/correct placement <input type="checkbox"/> Able to perform ½ beats <input type="checkbox"/> Synchronization with others <input type="checkbox"/> Formation changes while dancing <input type="checkbox"/> Performs intermediate level changes <input type="checkbox"/> Intermediate Footwork <input type="checkbox"/> Energy/Visual | <input type="checkbox"/> Advanced Motion Technique <input type="checkbox"/> Tight/correct placement <input type="checkbox"/> Able to perform ½ beats <input type="checkbox"/> Synchronization with others <input type="checkbox"/> Intricate moves & level changes <input type="checkbox"/> Able to perform at a fast pace with high energy & controlled motions <input type="checkbox"/> Advanced Footwork & Incorporations <input type="checkbox"/> Energy/Visual | <input type="checkbox"/> Advanced Motion Technique <input type="checkbox"/> Tight/correct placement <input type="checkbox"/> Able to perform ½ beats <input type="checkbox"/> Synchronization with others <input type="checkbox"/> Intricate moves & level changes <input type="checkbox"/> Able to perform at a fast pace with high energy & controlled motions <input type="checkbox"/> Advanced Footwork & Incorporations <input type="checkbox"/> Energy/Visual |
|--|--|--|--|--|

Stunts:

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|--|---|---|--|--|
| <input type="checkbox"/> High Stand <input type="checkbox"/> High Stand Sequence <input type="checkbox"/> Below prep level sequence <input type="checkbox"/> Single leg variation below prep level <input type="checkbox"/> Elevator/Prep – 2 feet <input type="checkbox"/> Elevator/Pencil dismnt. <input type="checkbox"/> Elevator/Cradle <input type="checkbox"/> Elevator/Tum-Moving <input type="checkbox"/> Shoulder Sit/Prep <input type="checkbox"/> Stunt transition – 3 skills | <input type="checkbox"/> Elevator/Prep – 2 feet <input type="checkbox"/> Elevator/Step-in <input type="checkbox"/> Elevator/Cradle <input type="checkbox"/> Elevator/Extension <input type="checkbox"/> Express Extension/Cradle <input type="checkbox"/> Single leg/Prep level <input type="checkbox"/> Liberty / Arabesque / Scorpion /Scale /Stretch <input type="checkbox"/> Show & Go/Extension <input type="checkbox"/> Stunt Transition 4 skills <input type="checkbox"/> Basket Toss / Straight Ride | <input type="checkbox"/> Express Extension/ Full Twist Cradle <input type="checkbox"/> Single leg/Extension <input type="checkbox"/> Liberty / Arabesque / Scorpion /Scale <input type="checkbox"/> Heel Stretch / Bow <input type="checkbox"/> Show & Go/360 <input type="checkbox"/> Inverted flip transition <input type="checkbox"/> Stunt Transition 5 skills <input type="checkbox"/> Basket Toss: <input type="checkbox"/> Toe Touch / Full Twist / Ball-out / Star / Kick | <input type="checkbox"/> Extension/ Dbl Full <input type="checkbox"/> Single leg/Extension <input type="checkbox"/> Liberty / Arabesque / Scorpion / Scale full <input type="checkbox"/> Heel Stretch / Bow <input type="checkbox"/> Overstretch positions <input type="checkbox"/> Power Press <input type="checkbox"/> Inverted flip transition/rewinds <input type="checkbox"/> Stunt Transition 7 skills <input type="checkbox"/> Basket Toss: <input type="checkbox"/> Toe Touch-full / Dbl Full Twist / Kick Full | <input type="checkbox"/> Single leg/Extension <input type="checkbox"/> Arabesque / Scorpion / Scale dbl full <input type="checkbox"/> Heel Stretch / Bow <input type="checkbox"/> Over stretch positions <input type="checkbox"/> Inverted flip transitions/rewinds <input type="checkbox"/> Stunt Transition 9 skills <input type="checkbox"/> Basket Toss: <input type="checkbox"/> Toe Touch- dbl full / Kick dbl / Pretty-Girl <input type="checkbox"/> Kick dbl |
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