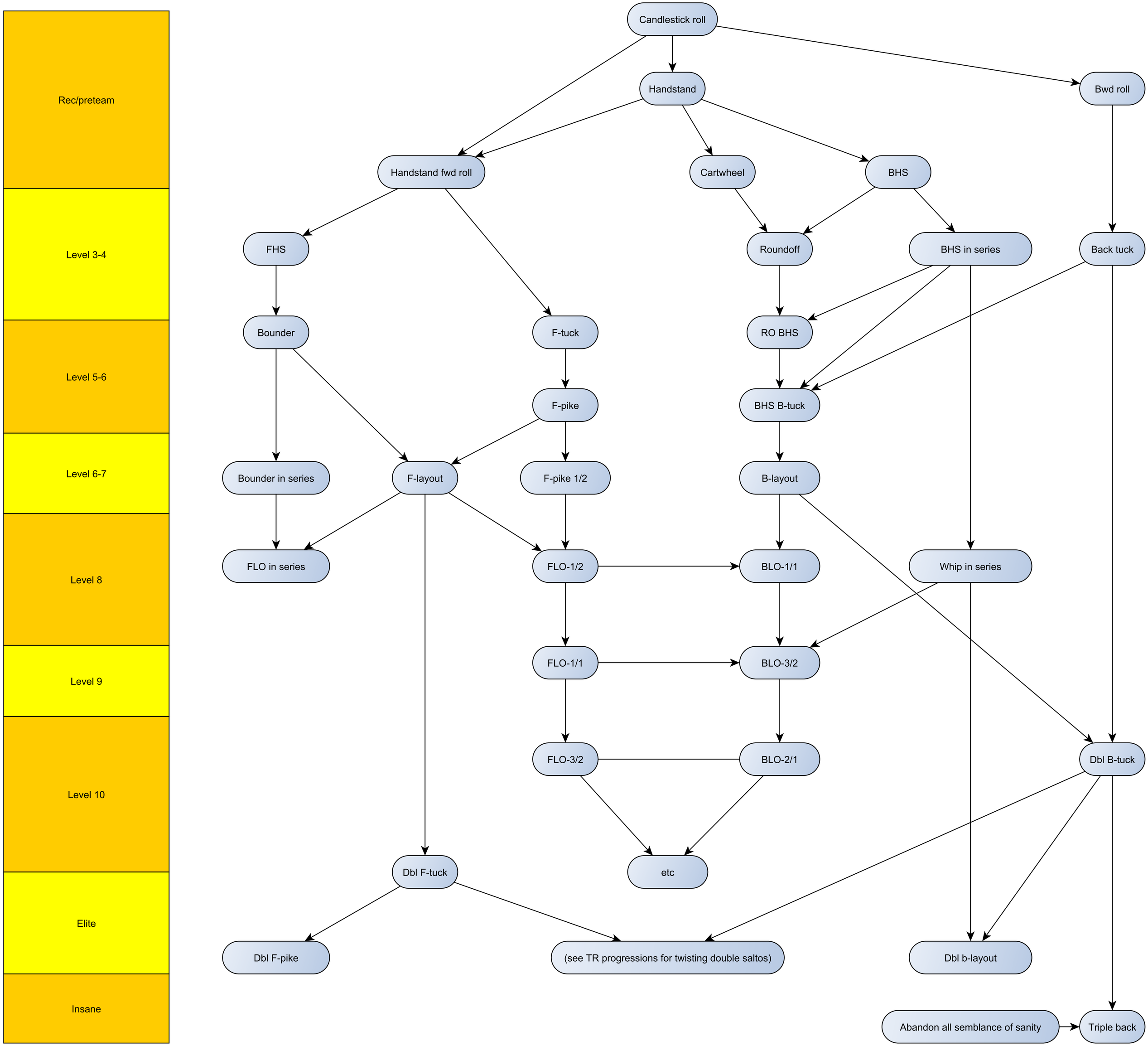
Rec/preteam
Level 3-4
Level 5-6
Level 6-7
Level 8
Level 9
Level 10
Elite
Insane
Candlestick roll
Handstand
Bwd roll
Handstand fwd roll
Cartwheel
BHS
FHS
Roundoff
BHS in series
Back tuck
Bounder
F-tuck
RO BHS
F-pike
BHS B-tuck
Bounder in series
F-layout
F-pike 1/2
B-layout
FLO in series
FLO-1/2
BLO-1/1
Whip in series
FLO-1/1
BLO-3/2
FLO-3/2
BLO-2/1
Dbl B-tuck
Dbl F-tuck
etc
Dbl F-pike
(see TR progressions for twisting double saltos)
Dbl b-layout
Abandon all semblance of sanity
Triple back