

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

# LEVELS 1-5 PROGRESSION CHECKLIST

SKILL LEVEL

L1	L2	L3	L4	L5
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✓ CAN DO  
 ☆ CAN DO WELL  
 🏅 MASTERED

## FLOOR PROGRESSIONS

ACRO SKILLS	✓	☆	🏅
CARTWHEEL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
¾ HANDSTAND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACKWARD ROLL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FORWARD ROLL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROUND-OFF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HANDSTAND (1 SEC)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BRIDGE KICKOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HANDSTAND BRIDGE KICKOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACKWARD ROLL TO PUSHUP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROUND-OFF BACK HANDSPRING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRONT HANDSPRING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACK EXTENSION ROLL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACK WALKOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DOUBLE BACKHAND-SPRING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRONT TUCK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROUND OFF BACK HANDSPRING BACK TUCK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEAPS & JUMPS			
SPLIT JUMP 30°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT LEAP 60°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
90° HEEL SNAP TURN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT JUMP 60°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT LEAP 90°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRADDLE JUMP 120°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRETCH JUMP FULL TURN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT LEAP 150°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FULL TURN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BEAM PROGRESSIONS

ACRO SKILLS	✓	☆	🏅
CARTWHEEL TO ¼ HANDSTAND DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HANDSTAND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARTWHEEL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACK WALKOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACK HANDSPRING STEP OUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MOUNTS & DISMOUNTS			
JUMP TO FRONT SUPPORT MOUNT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CARTWHEEL SIDE HANDSTAND DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SIDE HANDSTAND ¼ TURN DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEAPS & JUMPS			
STRETCH / STRAIGHT JUMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT LEAP 90°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPLIT LEAP 120°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRAIGHT LEG LEAP 150°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SISSONE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOLDS & TURNS			
LEVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ARABESQUE 30°	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
¼ PIVOT TURN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
¼ HEEL SNAP TURN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROND DE JAMBE, SCALE HORIZONTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FW BW LEG SWING POSE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FULL TURN PASSE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BAR PROGRESSIONS

CASTS & CIRCLING ELEMENTS	✓	☆	🏅
CAST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACK HIP CIRCLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEGCUT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MILL CIRCLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SINGLE LEG BASKET SWING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRONT HIP CIRCLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SINGLE LEG SHOOT THROUGH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAST TO HORIZONTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LONG HANG KIP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAST TO ABOVE HORIZONTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CLEAR HIP ABOVE HORIZONTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LONG HANG PULLOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BACKWARD SOLE CIRCLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MOUNTS & DISMOUNTS			
PULLOVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOLE-CIRCLE DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UNDERSWING DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SQUAT ON PIKE SOLE CIRCLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STRADDLE / PIKE KIP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SQUAT ON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TAP SWINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FLYAWAY DM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VAULT PROGRESSIONS

	✓	☆	🏅
STRETCH JUMP ONTO MAT, KICK TO HANDSTAND, FALL FLAT TO BACK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JUMP TO HANDSTAND ON MAT STACK AND FALL TO FLAT BACK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRONT HANDSPRING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES:

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