

**Please mute sound and click the links below to see a 5-star example of each skill**

### **Body Basics:**

- [Releve Walk](#)
- [Lunge Position](#)
- [Lunge to Lever](#)
- [Handstand](#)
- [Bunny Hops](#)
- [Candlestick](#)
- [Forward Roll](#)
- [Backward Roll](#)
- [Back Bend](#)
- [Handstand Front Limber](#)

### **Level 1: Standing**

- [Backbend Kickover](#)
- [Handstand Forward Roll](#)
- [Back Walkover](#)
- [Backwalkover Switch Kick](#)
- [Back Extension Roll](#)
- [Cartwheel from Lunge \(Good Side\)](#)

### **Level 1: Standing (Cont'd)**

- [Cartwheel from Lunge \(Bad Side\)](#)
- [Front Walkover](#)
- [Double Front Walkover](#)
- [Round Off From Lunge](#)
- [Back Walkover Step-In](#)

### **Level 1: Running**

- [Cartwheel Back Walkover](#)
- [Cartwheel Front Walkover](#)
- [Back Walkover Cartwheel Front Walkover](#)
- [Round Off Rebound Half Turn FWD Roll](#)

### **Level 2: Standing**

- [Standing Back Handspring](#)
- [Back Walkover Back Handspring](#)
- [Backwards Roll Back Handspring](#)

### **Level 2: Standing (Cont'd)**

- [BHS Step-Out BWO BHS](#)
- [Front Walkover Step-in Back Handspring](#)

### **Level 2: Running**

- [Front Handspring](#)
- [Round Off BHS](#)
- [Round Off 3x BHS](#)
- [Front Walkover RO BHS\(s\)](#)
- [Other L2 Specialty Pass](#)

### **Level 3: Standing**

- [Standing Series BHS](#)
- [Toe Touch Back Handspring](#)
- [Triple Jump Triple BHS](#)

### **Level 3: Running**

- [Round Off BHS Back Tuck](#)
- [Round Off Back Tuck](#)



# FIVE STAR EVALUATION EXAMPLES

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## **Level 3: Running (Cont'd)**

- [Front Walkover RO BHS Back Tuck](#)
- [Punch Front with STUCK Landing](#)
- [Punch Front Stick RO BHS Back Tuck](#)
- [Aerial](#)

## **Level 4: Standing**

- Standing Back Tuck
- Standing 3 BHS to Tuck
- Standing 2 BHS to Tuck
- Standing BHS to Tuck
- Toe Touch 2 BHS to Tuck
- Toe Touch BHS to Tuck
- Standing 3 BHS to Layout
- Standing 2 BHS to Layout
- Standing BHS Layout
- BHS BHS Whip BHS BHS Layout

## **Level 4: Standing (Cont'd)**

- BHS Whip BHS Layout
- Standing Tuck BHS Back Tuck
- Toe Touch BHS Whip BHS Layout

## **Level 4: Running**

- Round Off BHS Layout
- Round Off Layout
- FWO Round Off BHS Layout
- Round Off BHS Layout Step-Out
- Punch Front Step-Out to Layout
- Front Handspring Punch Front
- Front Handspring Punch Front to Layout:
- Running Whip to Layout:
- Whip Layout

## **Level 5: Standing**

- Toe Touch Back Tuck

## **Level 5: Standing (Cont'd)**

- Quad Jump Tuck
- Standing 3 BHS to Full
- Standing 2 BHS to Full
- Standing BHS to Full
- Toe Touch BHS Full
- [Standing Full](#)
- Standing 3 BHS to Double
- Standing 2 BHS to Double
- Toe Touch Standing Full

## **Level 5: Running**

- RO BHS Full
- RO BHS Double Full
- Punch Front to Full/Double Full
- Arabian to Full
- Front Hand Punch to Full/Double Full
- RO to Whip Full
- RO to Whip Double



## FIVE STAR EVALUATION EXAMPLES

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### **Jumps:**

- [Left Front Hurdler](#)
- [Pike](#)
- Right Front Hurdler
- [Toe Touch](#)