

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](#)

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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](#)