**Level 0**

Single bounce

Double bounce

Side Swing

Basic arm wrap

Step through wrap

Catch wrap (4 ways)

Poppy wrap

Anya wrap

Candy cane

Chicken

**Level .5**

Bell

Skier

Slide forward

Slide backward

Slide to the Right

Slide to the Left

Side straddle

Forward straddle

X motion

Hopscotch

Twister

Wounded Duck

Toe Tap

Heel Tap

Heel-toe tap

Heel-cross toe tap

Fling

Irish Fling

Knee up cross over

Jog Step

Traveling jog step

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

Sunrise

Sunset

Full turn

180

360

Mad dog

Texas style 360

Texas style mad dog

Texas style full turn

Cross

Side swing cross

Bubble

**Level 1**

Double under (DU)

DU Side open

DU side cross

DU arm wrap

DU open cross

DU Cross open

DU cross cross

DU 180 (front to back)

DU 180 (back to front)

DU 180 w/ cross (front to back)

DU 180 w/cross (back to front)

Mountain Climber

Basic push up

Basic mule kick

Forward roll

Front walkover

Cartwheel

Rodeo

Round off

Marley

Inverse Marley

EB

Backwards EB

Toad

Side swing toad

Rocker toad

Inverse toad

Inverse toad go go

Backwards toad

Backwards inverse toad

Crougar

Inverse crougar

Switch cross

Go-Go

Floater release

* Cross-cross
* Cross-toad
* Toad-open
* Toad-toad

Fishing release

Snake release

Snake 180 release

Slam release

**Level 2**

Push up

Backward push up

Basic push up w / cross

Basic push up w/ EB

Basic push up w/ toad

Basic push up w/ crougar

Push up double under

Double under to a push up

Mule kick

Backwards mule kick

Basic mule kick w/ cross

Basic mule kick w/ EB

Basic mule kick w/ toad

Basic mule kick w / crougar

Frog

Basic belch

Crab

Backwards crab

Split

Backwards split

Front handspring

Back handspring

Kip

Suicide flip

TS

AS

CL

Weave

Caboose

Backwards AS

Backwards CL

Backwards weave

EB toad

Elephant toad

KN

Inverse EB toad

T-toad

Inverse T-toad

Inverse toad go-go

Mission impossible

Backwards KN

Backwards EB toad

Backwards elephant toad

Backwards inverse t-toad

Backwards t-toad

Awesome Annie

Inverse toad A. Annie

One handle windmill

Double handle release

Mick

Backwards mick

Mick 360

King cobra

Crougar wrap

Crougar wrap variation

Toad wrap

Inverse crougar wrap

T-toad wrap

Clover wrap

Nyx wrap

K-mile

DU cross switch cross

DU EB

DU Marley

DU open crougar

DU crougar cross

DU toad open

DU open toad

DU side toad

DU backwards side toad

DU inverse toad

Inverse toad DU

DU go-go

DU land in split

Full Twist

Full twist with a cross

Opposite french trick

Triple under (TU)

TU side open open

TU overhead sideswings

TU side side open

TU side side cross

TU open cross open

TU open open cross

TU cross open open

TU cross open cross

TU side cross open

TU open side cross

TU turn open open (180)

TU turn open cross (180)

TU go-round

**Level 3**

One handed cartwheel

One handed push up

One handed mule kick

Front flip

Back flip

Ariel

Push up shoot through

Push up with cross

Push up with EB

Push up with toad

Push up with crougar

Kamikaze

Crab with crosses

Crab with toad

Crab awesome annie

Mule kick with Cross

Mule kick with EB

Mule kick with toad

Mule kick with crougar

Mule kick to shoot through

Split with cross

Split with EB

Split with toad

Split with crougar

DU frog

AS switch AS

CL switch CL

CL to backwards CL

Caboose to mule kick

Caboose to push up

Backwards AS switch AS

Backwards CL switch CL

EB toad awesome Annie

KN awesome annie

T-toad awesome Annie

Mick release in toad

Mick release in EB

Mick release in AS

Mick release in CL

Mick release in TS

Under the leg mick

Backwards under the leg mick

Under the leg twirl mick

Catch any Mick in toad

Catch any Mick in EB

Catch any Mick in Crougar

Mick catch on leg

Lasso

Weave wrap

DU TS

DU side TS

DU EB toad

DU Elephant toad

Elephant toad DU

DU AS

DU backwards side AS

DU CL

DU mick

TU side EB

TU EB open

TU open EB

TU EB cross

TU cross EB

TU fake EB

TU turn EB (180)

TU cross switch cross

EK

EK with cross

Backwards EK

TJ

Inverse TJ

Johmmy

Inverse Johmmy

Quad (Q)

Q Side cross side cross

Q side open side open

Q side side open cross

Q side side open open

Q side open side cross

Q arm wrap cross

**Level 4**

French Trick

TU EB TS

TU side open TS

TU TS open

TU open TS

TU backwards side side TS

KN TJ

T-toad TJ

EB TJ

Inverse EB TJ

TU AS

TU CL

TU 540

BC full twist

EK cross switch cross

TU mick

Tummy tuck

Hummingbird

Q side cross EB

Q TJ open cross

Q TJ

Lasso catch in EB

Lasso catch in Toad

Mule kick to AS

Mule kick to CL

Mule kick to TS

Belch

CL push up

AS push up

TS push up

CL mule kick

AS mule kick

TS mule kick

**Level 5**

Q mick

Q TJ EB

Q TS

Q CL

Q AS

Q EB toad

**Level 6**

Q under leg release

Q TJ AS

Sunny D

Push up (whip backward)

Deathwish

**Level 7**

Money maker

**Combos**

AS to CL

CL to AS

TS to AS

Backwards AS to CL

Backwards CL to AS

Backwards TS to AS

Backwards AS to TS

Backwards TS to CL

**Not sure**

Julie wrap

Julie TS wrap

Kayla wrap

Audry mick

Iris mick

Straddle up from push up

Straddle up

Cowboy

Cowgirl mule kick

Single bounce

Double bounce

Side Swing

**Footwork**

Bell

Skier

Slide forward

Slide backward

Slide to the Right

Slide to the Left

Side straddle

Forward straddle

X motion

Hopscotch

Twister

Wounded Duck

Toe Tap

Heel Tap

Heel-toe tap

Heel-cross toe tap

Fling

Irish Fling

Knee up cross over

Jog Step

Traveling Jog step

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

**Manipulation**

Sunrise

Sunset

**TURNS**

Full turn

180

360

Mad dog

Texas style 360

Texas style mad dog

Texas style full turn

**CROSSES**

Cross

Side swing cross

Switch cross

Go-Go

Chicken

**ONE RESTRICTION**

Marley

Inverse Marley

EB

Backwards EB

Toad

Side swing toad

Rocker toad

Crougar

Inverse crougar

Inverse toad

Inverse toad go-go

Backwards toad

Backwards inverse toad

Awesome Annie

Inverse toad A. Annie

**TWO RESTRICTIONS**

TS

AS

CL

Weave

Caboose

Backwards AS

Backwards CL

Backwards weave

Backwards TS

AS switch AS

CL switch CL

CL to backwards CL

Backwards AS switch AS

Backwards CL switch CL

Caboose to backwards caboose

EB toad

Elephant toad

KN

T-toad

Inverse T-toad

Inverse EB toad

Mission impossible

Backwards KN

Backwards EB toad

Backwards elephant toad

Backwards inverse t-toad

Backwards t-toad

T-toad awesome Annie

EB toad awesome Annie

KN awesome annie

**RELEASES**

Fishing release

Snake release

Snake 180 release

Slam release

One handle windmill

Floater release

* Cross-cross
* Cross-toad
* Toad-open
* Toad-toad

Double handle release

Mick

Backwards mick

Mick 360

Iris mick

Mick release in toad

Mick release in EB

Mick release in AS

Mick release in CL

Mick release in TS

Under the leg mick

Backwards under the leg mick

Under the leg twirl mick

Mick catch on ankle

Catch any Mick in toad

Catch any Mick in EB

Catch any Mick in Crougar

King cobra

Lasso

Lasso catch in EB

**WRAPS**

Basic arm wrap

Step over wrap

Crougar wrap

Crougar wrap variation

Inverse crougar wrap

Toad wrap

T-toad wrap

Weave wrap

Mick wrap

TS twist

Catch wrap

Clover wrap

Nyx wrap

Poppy wrap

Anya wrap

Jasmine wrap

Zazi wrap

Ruby wrap

Candy cane

**Power**

**STARTER**

Bubble

Mountain Climber

Basic push up

Basic mule kick

Rodeo

Crab

Split

Cowboy

**PUSH UP**

Push up

Basic Belch

Belch

Backward push up

One handed push up

Basic push up w / cross

Basic push up w/ EB

Basic push up w/ toad

Basic push up w/ crougar

Push up shoot through

Push up with cross

Push up with EB

Push up with toad

Push up with crougar

Double under to a push up

Push up double under

Caboose to push up

CL push up

AS push up

TS push up

Push up whip backward

Kamikaze

**MULE KICKS**

Mule kick

Basic Belch

Belch

Backwards mule kick

Frog (Two footed mule kick)

One handed mule kick

Basic mule kick w/ cross

Basic mule kick w/ EB

Basic mule kick w/ toad

Basic mule kick w/ crougar

Mule kick with Cross

Mule kick with EB

Mule kick with toad

Mule kick with crougar

Mule kick to shoot through

Mule kick to AS

Mule kick to CL

Mule kick to TS

DU frog

Caboose to mule kick

AS to Mule kick

CL to Mule kick

TS to Mule kick

Straddle up

Straddle up from push up

Cowgirl mule kick

Sunny D

Deathwish

Money maker

**CRABS**

Crab

Backwards crab

Crab with crosses

Crab with toad

Awesome annie crab

**SPLIT**

Split

Backwards split

Split with cross

Split with EB

Split with toad

Split with crougar

Double under split

**Gymnastics**

\*DO NOT try a new gymnastics trick without coach supervision\*

Cartwheel

One handed cartwheel

Round off

Kip

Forward roll

Front walk over

Front handspring

Back handspring

Ariel

Suicide flip

Front flip

Back flip

**Multiples**

**DOUBLE UNDER (DU)**

Double under (DU)

DU Side open

DU side cross

DU arm wrap

DU open cross

DU Cross open

DU cross cross

DU cross switch cross

DU 180 (front to back)

DU 180 (back to front)

DU 180 w/ cross (front to back)

DU 180 w/cross (back to front)

K-mile

DU EB

DU Marley

DU crougar cross

DU toad open

DU open toad

DU side toad

DU backwards side toad

DU Inverse toad

Inverse toad DU

DU go-go

DU land in split

Full Twist

Full twist with a cross

DU TS

DU side TS

DU EB toad

DU Elephant toad

Elephant toad DU

DU AS

DU Backwards side AS

DU CL

DU mick

French Trick

Opposite French trick

Echo

**TRIPLE UNDER (TU)**

Triple under (TU)

TU side side open

TU side side cross

TU side open open

TU overhead side swings

TU side cross open

TU open side cross

TU open open cross

TU open cross open

TU cross open cross

TU cross switch cross

TU cross open open

TU turn open open (180)

TU Turn open cross (180)

TU go round

TU turn EB

TU open EB

TU fake EB

TU EB open

TU side EB

TU EB cross

TU cross EB

TU fake EB TS

TU TS open

TU open TS

TU backwards side side TS

TU side TS

TU mick

TU CL

TU AS

TU 540

TJ

EB TJ

Inverse TJ

Inverse EB TJ

T-toad TJ

KN TJ

Johmmy

Inverse Johmmy

EK

EK with cross

EK cross switch cross

Backwards EK

BC

Tummy tuck

**QUAD (Q)**

Quad (Q)

Q Side cross side cross

Q side open side open

Q side side open cross

Q side side open open

Q side open side cross

Q arm wrap cross

Q side cross EB

Hummingbird

TJ

Q TJ open cross

Q EB TJ

Q TJ AS

Q TJ EB

Q mick

Q Side open TS

Q AS

Q CL

Q EB toad

Q under leg release

**Combos**

AS to CL

CL to AS

TS to AS

Backwards AS to CL

Backwards CL to AS

Backwards TS to AS

AS to TS

B TS to CL

B AS to TS

**Wrap Key**

Z= clover

Zev=nyx

Throw=poppy

Audrey= mick wrap

Kayla= jasmine

Julie TS= TS twist

Julie= ruby

Throw variation= Zazi

Megan=candy cane