**Chinese wheel**

**Level 0**

Basic forward

Basic backward

Side swing

**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

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

Roll around

Cross

180

**Level 1**

Inside turns

Outside turns

Twin spin

American wheel

Cartwheel

Basic mule kick

Basic push up

Rodeo

Back bounce

Double under

Toad

EB

Crougar

Marley

Basic release

Snake release

Floater

Scooping one jumper

Land in push up(+1)

Land in split(+1)

Land in crab(+1)

Cross switch cross

Go-go

Wraps(+1)

Change direction in air(+1)

Switch handles (+1)

Hug

**Level 2**

Triple under

Full twist

Mule kick

Push up

Crab

Split

Frog

Land in frog (+2)

Front handspring

Back handspring

Kip

Suicide flip

AS

CL

TS

Caboose

Elephant toad

Weave

Mick release

2 handled rope release

Both jumpers scooped by rope

Catch snake release in EB

Catch snake release in Toad

Catch snake release in marley

Release snake release in AS

Release snake release in EB

Release snake release in CL

**Level 3**

Quad

One handed mule kick

One handed push up

One handed cartwheel

Front flip

Back flip

Lasso

Multiple ropes and multiple athletes moving

EK

BC

Cross with mule kick

Cross with push up

AS switch AS

AS to CL

CL switch CL

CL to AS

Catch mick in toad

Catch mick in EB

Catch mick in Marley

Release mick in AS

Release mick in EB

Release mick in CL

Catch mick on leg

**Level 4**

Quint

**Level 5**

Sextuple

**Level 6**

Darkside

Sunny D

Kip whip

Front handspring whip

**Level 7**

Money maker

**Chinese wheel**

**Level 0**

Basic forward

Basic backward

Side swing

**Manipulation**

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

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

Roll around

Cross

180

Inside turns

Outside turns

Twin spin

American wheel

Toad

EB

Crougar

Marley

Basic release

Snake release

Floater

Cross switch cross

Go-go

Wraps(+1)

Change direction in air(+1)

Switch handles (+1)

AS

CL

TS

Caboose

Elephant toad

Weave

Mick release

2 handled rope release

Catch snake release in EB

Catch snake release in Toad

Catch snake release in marley

Release snake release in AS

Release snake release in EB

Release snake release in CL

Lasso

AS switch AS

AS to CL

CL switch CL

CL to AS

Catch mick in toad

Catch mick in EB

Catch mick in Marley

Release mick in AS

Release mick in EB

Release mick in CL

Catch mick on leg

**Power**

Basic mule kick

Basic push up

Rodeo

Back bounce

Land in push up(+1)

Land in split(+1)

Land in crab(+1)

Mule kick

Push up

Crab

Split

Frog

Land in frog (+2)

Kip

One handed mule kick

One handed push up

Cross with mule kick

Cross with push up

Darkside

Sunny D

Kip whip

Front handspring whip

Money maker

**Gymnastics**

Cartwheel

Front handspring

Back handspring

Suicide flip

One handed cartwheel

Front flip

Back flip

**Multiples**

Double under

Triple under

Full twist

Quad

EK

BC

Quint

Sextuple

**Interaction**

Scooping one jumper

Hug

Both jumpers scooped by rope

Multiple ropes and multiple athletes moving