

Skill Progression Chart

AYC RECOMMENDED SKILL PROGRESSIONS	SKILL DIVISION	AYC RECOMMENDED SKILL PROGRESSIONS	SKILL DIVISION
TUMBLING SKILL		STUNTING SKILL	
Forward/Backward Roll	White	Step up Drills	White
Handstand	White	L-Stand	White
Cartwheel	White	Double Base Thigh Stand	White
Round-off	White	Shoulder Sit	White
Front/Back Walkover	White	Straddle Sit at prep	White
Back Extension Roll	White	Walk-up Shoulder Stand from Lunge	White
Front/ Back Handspring (BHS)	Red	Pick-up Shoulder Stand	White
Round-off, BHS	Red	Single Base Thigh Stand - 1-leg Variations	White
Round-off, BHS Series	Red	2-Leg Prep Level	White
Toe Touch, BHS	Red	Braced 1-leg Prep Level	White
BHS Series (standing)	Blue	¼ Twist Load in	White
Round-off, Back Tuck	Blue	Press Extension from Prep	Red
Round-off, BHS, Back Tuck	Blue	Straight up Extension	Red
Punch Front	Blue	Step-up Liberty Variations Prep Level	Red
Standing Tuck	Blue	Barrel/Log Roll	Red
Standing BHS, Back Tuck	Blue	1/2 Twist Load-In	Red
Toe Touch, Back Tuck	Blue	Show n' Go 2-Leg Extended	Red
Round-off BHS, Layout	Blue	Inverted Skills from the performing surface	Red
Round-off, BHS, Full	Blue	Forward/backward Suspended Roll	Blue
DISMOUNTS		1-Leg extended Show n' Go	Blue
Step Off Drill & Bear Hug	White	Extended 1-Leg Variations	Blue
Cradle Drills & Cradle from 2-Leg Prep or below	White	360* Load In Sponge to sponge	Blue
Cradle from 1-leg braced Prep	White	1 ½ Twist load-in to Prep	Blue
¼ Twist Cradle from Prep	White	1 Twist load-in to Extension	Blue
Inverted Skills from Cradle	Red	Inverted stunts, downward inversions, pancake	Blue
Cradle from 1-leg Prep	Red	Express Up	Blue
Cradle from 2-leg Extension	Red	Tic-Toc	Blue
Full Twist Cradle from Prep	Red		
Full Twist Cradle from 1-Leg Prep	Red		
Full Twisting Cradle from 2-leg Extension	Blue		
Full Twisting Cradle from 1-leg Extension	Blue		
Double Twist from 2-Leg	Blue		

Please reference White, Red, and Blue skill sheets for any restricted skills for division 8