STUNT SKILLS

PRIMARY POSITION	SECONDARY POSITION

LAST NAME	
FIRST NAME	

TOP SKILLS

Skill	Began	Completed	Notes		Skill	Began	Completed	Notes
BODY POSITIONS	--	--			**BALANCE**	--	--	
LIB					STEP LOCK ON LEFT			
ARABESQUE					STEP LOCK ON RIGHT			
LEFT HEEL STRETCH					KICK UP TO LFT HEEL STRETCH			
RIGHT HEEL STRETCH					KICK UP TO RT HEEL STRETCH			
LEFT SCALE					KICK UP TO SCALE ON LEFT			
RIGHT SCALE					KICK UP TO SCALE ON RIGHT			
SCORPION					**STIFFNESS/CORE STRENGTH**	--	--	
BOW & ARROW					PUSH OFF			
NEEDLE					STABILITY TEST			
FLEXIBILITY	--	--			V-UP HOLD			
LEFT SPLIT					HANDSTAND HOL			
RIGHT SPLIT					1/2 LIB PREP			
MIDDLE SPLIT					T-LIFT			

BASE & BACK SKILLS - LEVEL 1 & 2

LEVEL ONE					*LEVEL TWO*			
Skill	Began	Completed	Notes		Skill	Began	Completed	Notes
THIGH STAND	--	--			**PREP LIB**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
PREP	--	--			**1/2 UP PREP**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
T-LIFT	--	--			**PREP TO PRONE CATCH**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
STRAIGHT CRADLE	--	--			**PREP LEVEL LIB**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
HITCH at PREP	--	--			**EXTENSION**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
SHOW - N - GO	--	--			**EXTENSION CRADLE**	--	--	
HEIGHT					*HEIGHT*			
USE OF LEGS					*USE OF LEGS*			
USE OF ARMS					*USE OF ARMS*			
QUICKNESS					*QUICKNESS*			
TIGHTNESS					*TIGHTNESS*			
TEAMWORK	--	--			**TEAMWORK**	--	--	
COMMUNICATION L - M - H					COMMUNICATION L - M - H			
FOCUS L - M - H					FOCUS L - M - H			
EFFORT L - M - H					EFFORT L - M - H			
TOTAL POINTS					**TOTAL POINTS**			