

Level 1	Static	Buddha,Side Buddha,Drop Knee,Double Drop Knee,Crook,Inside Drop Knee,Foot Plant,Double Foot Plant,Lady,Spraddle,Laydown,Sole Food,Hand Stand,Arm lever,Surfing
	Dynamic	
Level 2	Static	Cosmic Sole Food,Spread,
	Dynamic	

Level 1	1	Butt		90	B S	Butt	
	2	Butt		180	F S	Butt	
	3	Butt		180	B S	Butt	
	4	Butt		270	F S	Butt	
	5	Butt		90	B S	Chest	Free Fall
	6	Butt		180	F S	Chest	Free Fall
	7	Butt		180	B S	Chest	Free Fall
	8	Butt		270	F S	Chest	Free Fall
	9	Chest		90	B S	Butt	Ascension
	10	Chest		180	F S	Butt	Ascension
	11	Chest		180	B S	Butt	Ascension
	12	Chest		270	F S	Butt	Ascension
	13	Chest		90	B S	Chest	Mojo
	14	Chest		180	F S	Chest	Mojo
	15	Chest		180	B S	Chest	Mojo
	16	Chest		270	F S	Chest	Mojo
	17	Chest		360	F S	Chest	Chest Roll
	18	Chest		360	B S	Chest	Chest Roll
	19	Chest				Back	
	20	Back				Chest	
Level 2	21	Butt		90	B S	Feet	
	22	Butt		180	F S	Feet	
	23	Butt		180	B S	Feet	
	24	Butt		270	F S	Feet	
	25	Chest		90	B S	Feet	Ascension
	26	Chest		180	F S	Feet	Ascension
	27	Chest		180	B S	Feet	Ascension
	28	Chest		270	F S	Feet	Ascension
	29	Feet		90	B S	Butt	
	30	Feet		180	F S	Butt	
	31	Feet		180	B S	Butt	
	32	Feet		270	F S	Butt	
	33	Feet		90	B S	Chest	Darty
	34	Feet		180	F S	Chest	Darty
	35	Feet		180	B S	Chest	Darty
	36	Feet		270	F S	Chest	Darty
	Level 3	37	Butt		270	B S	Butt
38		Butt		360	F S	Butt	
39		Butt		360	B S	Butt	
40		Butt		450	F S	Butt	
41		Butt		270	B S	Chest	Free Fall
42		Butt		360	F S	Chest	Free Fall
43		Butt		360	B S	Chest	Free Fall
44		Butt		450	F S	Chest	Free Fall
45		Chest		270	B S	Butt	Ascension
46		Chest		360	F S	Butt	Ascension
47		Chest		360	B S	Butt	Ascension
48		Chest		450	F S	Butt	Ascension

	49	Chest		360	F S	Chest	Spiral
	50	Chest		360	B S	Chest	Spiral
	51	Chest		180	F S	Back	Fear Fall
	52	Chest		180	B S	Back	Fear Fall
	53	Chest		180	F S	Back	
	54	Chest		180	B S	Back	
	55	Feet		90	B S	Feet	
	56	Feet		180	F S	Feet	
	57	Feet		180	B S	Feet	
	58	Feet		270	F S	Feet	
Level 4	59	Butt				Butt	Sick Nasty
	60	Butt		180		Chest	Nasty Chest
	61	Chest		180		Butt	Chest Nasty
	62	Butt		180	F S	Back	
	63	Butt		180	B S	Back	
	64	Feet		180	F S	Back	
	65	Feet		180	B S	Back	
	66	Butt		270	B S	Feet	
	67	Butt		360	F S	Feet	
	68	Butt		360	B S	Feet	
	69	Butt		450	F S	Feet	
	70	Chest		270	B S	Chest	Flat Spin
	71	Chest		360	F S	Chest	Flat Spin
	72	Chest		360	B S	Chest	Flat Spin
	73	Chest		450	F S	Chest	Flat Spin
	74	Chest		270	B S	Feet	Ascension
	75	Chest		360	F S	Feet	Ascension
	76	Chest		360	B S	Feet	Ascension
	77	Chest		450	F S	Feet	Ascension
	78	Feet		270	B S	Butt	
	79	Feet		360	F S	Butt	
	80	Feet		360	B S	Butt	
	81	Feet		450	F S	Butt	
	82	Feet		270	B S	Chest	Darty
	83	Feet		360	F S	Chest	Darty
	84	Feet		360	B S	Chest	Darty
	85	Feet		450	F S	Chest	Darty
	86	Back		180	右	Butt	
	87	Back		180	左	Butt	
	88	Back		180	右	Chest	
	89	Back		180	左	Chest	
	90	Butt		450	B S	Butt	
	91	Butt		540	F S	Butt	
	92	Butt		540	B S	Butt	
	93	Butt		630	F S	Butt	
	94	Butt		450	B S	Chest	Free Fall
95	Butt		540	F S	Chest	Free Fall	
96	Butt		540	B S	Chest	Free Fall	
97	Butt		630	F S	Chest	Free Fall	
98	Chest		450	B S	Butt	Ascension	
99	Chest		540	F S	Butt	Ascension	
100	Chest		540	B S	Butt	Ascension	
101	Chest		630	F S	Butt	Ascension	
102	Butt	Front Flip			Butt		
103	Butt	Back Flip			Butt		
104	Butt	Front Flip			Chest	Fearless	

Level 5	105	Butt	Back Flip			Chest	Skydive
	106	Chest	Front Flip			Butt	Chest Flip
	107	Feet		270	B S	Feet	
	108	Feet		360	F S	Feet	
	109	Feet		360	B S	Feet	
	110	Feet		450	F S	Feet	
	111	Butt		450	B S	Feet	
	112	Butt		540	F S	Feet	
	113	Butt		540	B S	Feet	
	114	Butt		630	F S	Feet	
	115	Back		180	Right	Feet	
	116	Back		180	Left	Feet	
	117	Back		360	Right	Butt	Dragon Fly
	118	Back		360	Left	Butt	Dragon Fly
	119	Back		360	Right	Chest	Back Fall
	120	Back		360	Left	Chest	Back Fall
	121	Feet		450	B S	Butt	
	122	Feet		540	F S	Butt	
	123	Feet		540	B S	Butt	
	124	Feet		630	F S	Butt	
	125	Feet		450	B S	Chest	Darty
	126	Feet		540	F S	Chest	Darty
	127	Feet		540	B S	Chest	Darty
	128	Feet		630	F S	Chest	Darty
	129	Chest		630	B S	Butt	Ascension
	130	Chest		720	F S	Butt	Ascension
	131	Chest		720	B S	Butt	Ascension
	132	Chest		810	F S	Butt	Ascension
	133	Chest	Spiral	180	F S	Chest	Blender
	134	Chest	Spiral	180	B S	Chest	Blender
	135	Butt	Front Flip			Feet	
	136	Butt	Back Flip			Feet	
	137	Butt	Back Flip			Back	Estonian
138	Chest	Back Flip			Back	Frog	
139	Chest	Front Flip			Chest	Fearless	
140	Chest	Back Flip			Chest	Skydive	
141	Feet	Front Flip			Butt		
142	Feet	Back Flip			Butt		
143	Feet	Front Flip			Chest	Fearless	
144	Feet	Back Flip			Chest	Skydive	
145	Back	Back Flip			Butt	Cali Roll	
146	Back	Back Flip			Chest	Cali Roll	
147	Butt	Front Flip	180	F S	Butt	Misty	
148	Butt	Front Flip	180	B S	Butt	Misty	
149	Butt	Back Flip	180	F S	Butt	Arabian	
150	Butt	Back Flip	180	B S	Butt	Arabian	
151	Butt	Front Flip	180	F S	Chest	Skandy	
152	Butt	Front Flip	180	B S	Chest	Skandy	
Level 6	153	Butt		630	B S	Butt	
	154	Butt		720	F S	Butt	
	155	Butt		720	B S	Butt	
	156	Butt		810	F S	Butt	
	157	Chest		630	B S	Feet	Ascension
	158	Chest		720	F S	Feet	Ascension
	159	Chest		720	B S	Feet	Ascension
	160	Chest		810	F S	Feet	Ascension

	161	Feet		630	B S	Butt	
	162	Feet		720	F S	Butt	
	163	Feet		720	B S	Butt	
	164	Feet		810	F S	Butt	
	165	Back		180	Right	Back	Baximus
	166	Back		180	Left	Back	Baximus
	167	Back		180	Right	Back	Mojo
	168	Back		180	Left	Back	Mojo
	169	Chest	Front Flip			Feet	
	170	Chest	Back Flip			Feet	Frog Flip
	171	Chest	Back Flip			Back	Estonian
	172	Feet	Front Flip			Feet	
	173	Feet	Back Flip			Feet	
	174	Back	Front Flip			Butt	Backtastic
	175	Butt	Back Flip			Feet	
	176	Butt	Back Flip	180	F S	Chest	Arabian
	177	Butt	Back Flip	180	B S	Chest	Arabian
	178	Butt	Front Flip	180	F S	Feet	Misty
	179	Butt	Front Flip	180	B S	Feet	Misty
	180	Butt	Back Flip	180	F S	Feet	Arabian
	181	Butt	Back Flip	180	B S	Feet	Arabian
	182	Chest	Back Flip	180	F S	Butt	Irano Flip
	183	Chest	Back Flip	180	B S	Butt	Irano Flip
	184	Butt	Front Flip	360	F S	Butt	Mason
	185	Butt	Front Flip	360	B S	Butt	Mason
	186	Butt	Back Flip	360	F S	Butt	Angel
	187	Butt	Back Flip	360	B S	Butt	Angel
Level 7	188	Butt		630	B S	Chest	Free Fall
	189	Butt		720	F S	Chest	Free Fall
	190	Butt		720	B S	Chest	Free Fall
	191	Butt		810	F S	Chest	Free Fall
	192	Butt		630	B S	Feet	
	193	Butt		720	F S	Feet	
	194	Butt		720	B S	Feet	
	195	Butt		810	F S	Feet	
	196	Chest		720	F S	Chest	Double Spiral
	197	Chest		720	B S	Chest	Double Spiral
	198	Chest	Spiral	360	F S	Chest	Helix
	199	Chest	Spiral	360	B S	Chest	Helix
	200	Chest		450	B S	Chest	Flat Spin
	201	Chest		540	F S	Chest	Flat Spin
	202	Chest		540	B S	Chest	Flat Spin
	203	Chest		630	F S	Chest	Flat Spin
	204	Feet		630	B S	Butt	
	205	Feet		720	F S	Butt	
	206	Feet		720	B S	Butt	
	207	Feet		810	F S	Butt	
	208	Back		360	右	Back	Back Trap
	209	Back		360	左	Back	Back Trap
	210	Butt	Front Flip	180	F S	Back	Misty
	211	Butt	Front Flip	180	B S	Back	Misty
	212	Butt	Front Flip	360	F S	Chest	Impossible
	213	Butt	Front Flip	360	B S	Chest	Impossible
	214	Butt	Back Flip	360	F S	Chest	Skyfall
	215	Butt	Back Flip	360	B S	Chest	Skyfall
	216	Butt	Front Flip	360	F S	Feet	Mason

	217	Butt	Front Flip	360	B S	Feet	Mason
	218	Butt	Back Flip	360	F S	Feet	Angel
	219	Butt	Back Flip	360	B S	Feet	Angel
	220	Butt	Front Flip	540	F S	Butt	
	221	Butt	Front Flip	540	B S	Butt	
	222	Butt	Back Flip	540	F S	Butt	Rikuto
	223	Butt	Back Flip	540	B S	Butt	Rikuto
	224	Butt	Double Front Flip			Butt	
	225	Butt	Double Back Flip			Butt	
	226	Chest	Back Flip	180	F S	Chest	Owl Flip
	227	Chest	Back Flip	180	B S	Chest	Owl Flip
	228	Feet	Back Flip			Back	Estonian
	229	Back	Front Flip			Chest	Backtastic Fearless
	230	Back	Front Flip			Feet	Backtastic Feet
	231	Back	Front Flip	180	Right	Butt	Misty
	232	Back	Front Flip	180	Left	Butt	Misty
Level 8	233	Butt		810	B S	Butt	
	234	Butt		900	F S	Butt	
	235	Butt		900	B S	Butt	
	236	Butt		990	F S	Butt	
	237	Butt		810	B S	Chest	Free Fall
	238	Butt		900	F S	Chest	Free Fall
	239	Butt		900	B S	Chest	Free Fall
	240	Butt		990	F S	Chest	Free Fall
	241	Chest		810	B S	Feet	Ascension
	242	Chest		900	F S	Feet	Ascension
	243	Chest		900	B S	Feet	Ascension
	244	Chest		990	F S	Feet	Ascension
	245	Chest	Double Spiral	180	F S	Chest	Double Blender
	246	Chest	Double Spiral	180	B S	Chest	Double Blender
	247	Feet		630	B S	Feet	
	248	Feet		720	F S	Feet	
	249	Feet		720	B S	Feet	
	250	Feet		810	F S	Feet	
	251	Butt	Front Flip	540	F S	Chest	Impossible
	252	Butt	Front Flip	540	B S	Chest	Impossible
	253	Butt	Front Flip	720	F S	Butt	Mad
	254	Butt	Front Flip	720	B S	Butt	Mad
	255	Butt	Back Flip	720	F S	Butt	Demon
	256	Butt	Back Flip	720	B S	Butt	Demon
	257	Butt	Double Front Flip			Chest	Double Fearless
	258	Butt	Double Back Flip			Chest	Double Skydive
	259	Butt	Double Front Flip			Feet	
	260	Butt	Double Back Flip			Feet	
	261	Butt	Double Back Flip	180	F S	Butt	
	262	Butt	Double Back Flip	180	B S	Butt	
	263	Chest	Back Flip	360	F S	Butt	Frog Full
	264	Chest	Back Flip	360	B S	Butt	Frog Full
	265	Back	Back Flip			Back	
	266	Back	Front Flip	360	Right	Butt	Cota
267	Back	Front Flip	360	Left	Butt	Cota	
268	Back	Front Flip	180	Right	Feet	Misty	
269	Back	Front Flip	180	Left	Feet	Misty	
270	Butt		990	B S	Butt		
Level 9	271	Butt		1080	B S	Butt	
	272	Butt		1080	F S	Butt	

	273	Back		360	Right	Back	Spinal
	274	Back		360	Left	Back	Spinal
	275	Butt	Double Front Flip	180	F S	Butt	CAD
	276	Butt	Double Front Flip	180	B S	Butt	CAD
	277	Chest	Back Flip	360	F S	Chest	Frog Full
	278	Chest	Back Flip	360	B S	Chest	Frog Full
	279	Butt	Double Front Flip			Butt	Double Backtastic
Level 10	280	Butt	Double Front Flip	360	F S	Butt	Double Mason
	281	Butt	Double Front Flip	360	B S	Butt	Double Mason
	282	Butt	Triple Front Flip			Butt	
	283	Butt	Triple Back Flip			Butt	