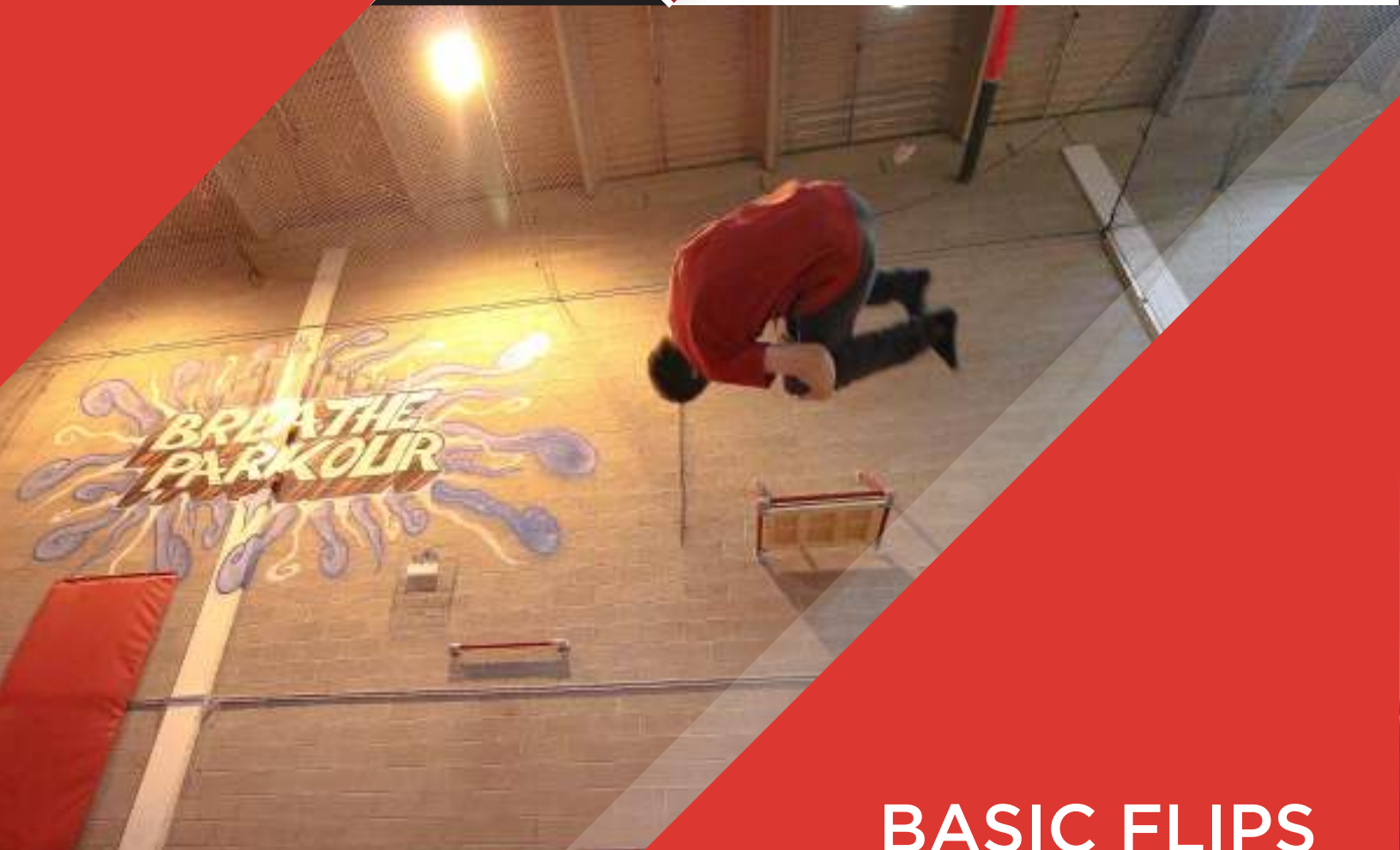




LEVEL 4

SKILL REFERENCE SHEET



**BASIC FLIPS
& ACROBATICS**

LEVEL 4

FREESTYLE

Back to BreathePK



Front Flip

An acrobatic action where you rotate your entire body over your head in a forwards direction.

Side Flip

An acrobatic action where you flip your body sideways. You should land facing the same direction as when you started.

Back Flip

An acrobatic action where you rotate your entire body over your head in the backwards direction.

B-Kick

A tricking movement where you jump parallel with the ground and splay your arms and legs out in a modified "starfish" position.

Handstand

An inverted "standing" position. Your hands are holding you up, and your feet are the highest point of your body.

Fly Away

A backflip performed after releasing the bar on the forward swing.

Cartwheel

A movement where each hand and foot is placed individually on the ground in sequential order. Hands are placed individually one after the other, legs kick up over your head and then land individually one after the other.

Tornado Kick

A tricking movement where you jump in a horizontally rotating arc and kick out. The jumping leg is the same as your kicking leg.

Palm Spin

An acrobatic action where you rotate in an arc over your head while your hand(s) brace on the edge of an obstacle.

Bum Spin

A spinning movement done on a bar. Start the movement as you would a lazy vault. Legs kick up and over the bar as you spin on your bum and end on the same side you started on.