



# LEVEL 5

## SKILL REFERENCE SHEET



TWISTS & WALL  
ACROBATICS

# LEVEL 5

## FREESTYLE



Back to BreathePK

### Front Half

A front flip with a half twist, ending up facing the direction you jumped from.

### Arabian

A backflip with a half twist, ending up facing away from the direction you jump from.

### Round Off

A movement very similar to the cartwheel, but both hands land at the same time, as well as both feet. There is a turn to face the opposite direction and a push off the ground at the end.

### Wall Flip

A laid out or tucked backflip done with one step pushing off a wall.

### Macaco

An acrobatic movement which is a cross between a back handspring and a back cartwheel.

### Aerial

An acrobatic movement similar to a cartwheel, but without hands touching the ground.

### Slant Gainer

A tricking movement where one foot plants on the ground and jumps while the other leg and both arms swing upward. Rotation occurs over the shoulder, a motion similar to a slanted backflip.

### 360 hook/roundhouse

A tricking movement that begins with a J-step, take off of both feet to perform a cheated 360 finishing with either a hook kick or a roundhouse kick before or as you land.

### Front Handspring

An action similar to kicking up into a handstand, but end back on your feet after completing one full rotation over your head.

### Wall Spin

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