



# LEVEL 6

## SKILL REFERENCE SHEET



ADVANCED  
VAULTS,  
ASCENTS,  
& DESCENTS

# LEVEL 6

## TRADITIONAL



### Double Kong

Two sequential kongs done on a long obstacle or two separate ones. You do not touch the ground in between vaults.

### Kong Speed Step

A kong vault landing in a speed step vault. Done on a longer obstacle or two separate ones. You do not touch the ground in between vaults.

### Travelling Reverse

A reverse vault done on a longer obstacle or two separate ones. Each hand touches once during the vault.

### Tic Tac 180

An advanced ascending skill where you take two steps up a wall before turning and landing on another obstacle.

### Top out

An advanced ascending skill where you pop yourself up to the top of a wall from a hip catch position.

### Drop Cat (Level)

An advanced cat leap variation where the takeoff ledge is as high as the landing ledge. This is the maximal distance you are able to jump and land between two ledges.

### Muscle up

An advanced ascension skill where you pull yourself up to a hip catch position from a hanging position with no swing.

### Cast Vault

An advanced vault variation where you vault over the bar from a hip catch position on a bar. Can also be used as an ascension skill.

### Pole Cat

An advanced cat leap variation where you land on a vertical pole.

### Bar Stride

A stride jump performed on a bar or railing.