



LEVEL 3

SKILL REFERENCE SHEET



ADVANCED
FUNDAMENTALS

LEVEL 3



Height Drop

Dropping from a height and rolling. Feet should contact ground first. Hands are placed further away from your feet than usual. Your roll should carry you forwards, not downwards.

Dive Roll

A roll in which you dive to cover more distance or height. Hands need to touch down to break impact, should not be landing shoulder first.

Kong

A vault where you launch yourself over an obstacle using both of your arms. Body should be leaning forwards the entire time. Knees tuck in as you clear the obstacle.

Dash

A vault over an obstacle where your feet clear first and are followed by a push of the arms. Hands should push off obstacle before feet touch the floor.

Cat Back

Hanging in a cat position on a wall, pull up and push yourself away from the wall and land on another obstacle.

Wall Mount

From a hip catch position, you place one foot up on the obstacle and pull yourself up on top of it.

Swing Turnaround

A 180 degree transition that occurs on the forward swing, where you swing back facing the direction you swung from.

Cast

A push with your hips on a bar. From the hip catch position push with your hips against the obstacle, drive your heels backwards to push off and away from the obstacle.

Cat Balance

A quadrupedal balance technique where both your arms and your legs are touching the obstacle you are balancing on.

Underbar

Diving feet first underneath a bar. Usually done in between a bar and another obstacle. Hands grab the bar above you and assist in propelling you out the other side.

Reverse Underbar

An alternate version of the underbar. Instead of traveling feet first under the bar, this movement goes headfirst. Useful for diving over an obstacle before going under the bar.