



LEVEL 5

SKILL REFERENCE SHEET



TWISTS & WALL
ACROBATICS

LEVEL 5

FREESTYLE



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.