



LEVEL 5

SKILL REFERENCE SHEET



ADVANCED
FUNDAMENTAL
VARIATIONS

LEVEL 5

TRADITIONAL



Descending Vaults

Any vault beginning on top of an obstacle and used to minimize impact while vaulting down from it.

Side Kash

A vault that begins with a side vault and ends up pushing off the obstacle like a dash vault.

Vault Pre (Level)

A vault over an obstacle with a precision landing on another obstacle of the same height.

Speed Vault/Speed Step

A very quick vault over an obstacle. Inside hand plants, opposite foot drives over/lands on top of the obstacle while body stays low.

Tac Vault

A vault where you are using a tac as your takeoff point. Tac off an obstacle and proceed to vault an obstacle.

Bar Plyo

A plyo jump done on a bar or railing.

Climb up

A fundamental ascension technique where you pull yourself up into a hip catch position from a cat position on a wall.

Continuous Lache Regrabs

A type of swing where you release the bar and travel forwards, catching another bar and transitioning smoothly into another forward swing.

Bar Kip Up

A bar skill where you use swinging momentum to pull yourself from a hanging position to a hip catch position on a bar.

Swing Around

A bar skill where you swing around and launch yourself from a vertical pole.