



LEVEL 6

SKILL REFERENCE SHEET



**ADVANCED
TWISTS & FLIPS**

LEVEL 6

FREESTYLE



Rudy

An advanced acrobatic movement where you perform a front flip with a 540 twist. Usually done off a ledge or obstacle.

360 Dive roll

An advanced acrobatic movement where you perform a full twist during a dive roll.

Corkscrew

A tricking movement where you perform a slant gainer with a full 360 degree twist, landing on two feet or on one.

Back Full

An advanced acrobatic movement where you perform a backflip with a 360 twist. Usually done off a ledge or obstacle.

Back Handspring

An acrobatic motion where you rotate your entire body backwards over your head to land on your hands before continuing the rotation and springing back to your feet.

B-Twist

An advanced acrobatic movement where you perform a b-kick with a 360 twist.

A-Twist

An advanced acrobatic movement where you perform an aerial with a 180 twist.

540 Kick

A tricking movement that begins like a tornado kick however you continue rotating so that you land on the same leg that jumped and kicked.

Inward Wall Flip

An advanced wall flip where you perform an inwardly rotating front flip or side flip with one step off a wall.

Palm Flip

An advanced backflip where you push off a wall with both hands into a backflip.