



# PYRAMID PROGRESSIONS

	Intermediate	Advanced	Elite	Super-Elite
<b>Non-Released Transition</b>	<ul style="list-style-type: none"> <li>● Braced non-released transitions</li> <li>● Inverted stunts to prep level and below</li> <li>● Intermediate full up variations</li> </ul>	<ul style="list-style-type: none"> <li>● Inverted stunts to extended- 2 bracers</li> <li>● Advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>● Inverted stunts involving spinning to extended- 2 bracers</li> <li>● Inverted stunts to extended-1 bracer               <ul style="list-style-type: none"> <li>● Elite full up variations</li> <li>● Single base advanced full up variations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Inverted stunts involving spinning to extended- 1 bracer               <ul style="list-style-type: none"> <li>● Super elite full up variations</li> <li>● Single base elite/super elite full up variations</li> </ul> </li> </ul>
<b>Released Transition</b>	<ul style="list-style-type: none"> <li>● Released of transition to any level with 2 bracers</li> <li>● Released transition to prep or below with 1 bracer</li> <li>● Switch up landing extended-braced or unbraced</li> </ul>	<ul style="list-style-type: none"> <li>● Released transition landing extended with 1 bracer</li> <li>● Braced inverted stunts released to prep level and below</li> </ul>	<ul style="list-style-type: none"> <li>● Released transition involving spinning or inversion that lands extended with 2 bracers</li> <li>● Unbraced releases landing extended</li> </ul>	<ul style="list-style-type: none"> <li>● Released transition to extended involving spinning/ inversions with 1 bracer</li> <li>● Unbraced spinning release landing extended</li> </ul>
<b>Braced Roll/Flip</b>	<ul style="list-style-type: none"> <li>● Flipping transition landing below prep level</li> <li>● Rolling transition to prep and below</li> </ul>	<ul style="list-style-type: none"> <li>● Flipping transition landing at prep level</li> <li>● 1/2 twisting flipping transition landing below prep level</li> <li>● Rolling transition to extended position- 2 bracers</li> </ul>	<ul style="list-style-type: none"> <li>● Flipping transition landing extended</li> <li>● 1/2 twisting flipping transition landing at prep level</li> <li>● Rolling transition to extended position- 1 bracer</li> </ul>	<ul style="list-style-type: none"> <li>● Flipping transition starting at prep or above, landing extended</li> <li>● 1/2 twist flipping transition landing extended</li> <li>● Flipping transition landing extended with minimal bases</li> </ul>