



Category	Legend			Rookie Master
	Must get 7 ticks out of 8			Run
	Level 1	Level 2	Level 3	
Rolls	Arabian dive roll	Dive roll from one block to another	Dive roll from one tower to another	30-45 seconds
Bars	Sole circle	Upstart / muscle up	Fly away	Free run, has to include at least 5 elements pieced together learnt in the
Vault	Double kong	180 kong from wall	Kong front flip	No more than 2 second pause inbetween movements
Conditioning	x2 consecutive climb ups to feet	Traverse round 2 blocks, finish with climb up	x3 Explosive pull ups (ches to the bar)	3 attempts to pass
Tricking	Arabian flip	Full twisting flip front / back	Cork	
Jumps	Plyo jumps - 3 two footed jumps on an incline	Hurdle pre - running jump over an object, landing on another	Stride 180, 180	
Wall	Palm spin	Wall flip	Palm flip	
Balance	360 pre to pallets	Front /back / side flip pre	Running pre up to bar with stick	