Level 1

- V-sit HOLD (bonus without hands)

- Back support

- Dish

- Roll to arch

- Front support jump to crouch

- Stretch jump LAND

- Jump ½ turn

- Chasse chasse

- One leg balance HOLD

- Bunny hop

- Forward roll to straddle sit HOLD

- Pike HOLD

- Tucked rock backwards and forwards to stand

TK GYMFIT

Level 2

- Tuck jump, star jump
- forward roll
- Jump ½ turn
- Roll back to shoulder stand
- Lower to straddle sit
- Teddy bear roll
- pike fold
- rock back and forth to stand
- Chasse cat-leap straight jump
- Lunge to an attempt towards handstand
- Jump ¼ turn
- Arabesque

TK GYMFIT

Level 3

- Cartwheel ¼ turn
- Tuck jump
- Jump 360 degrees – straight jump
- Backward roll to straddle
- Forward roll to pike sit
- Pike fold
- Bridge
- Lower, rock back and forth to stand
- Lunge to handstand
- Forward roll to crouch
- High bunny hop
- Tuck jump 180 degrees
- Chasse cat-leap, chasse cat-leap ½ turn

TK GYMFIT

Level 4

- 2 Cartwheels
- Jump ¼ turn
- Tuck jump 360 degrees
- Tucked backward roll
- Standing pike fold
- Forward roll to straddle sit
- Straddle fold
- Bridge
- Rock back and forth to stand
- Chasse cat-leap, chasse cat-leap full turn
- Handstand
- Round off

Level 5

- One handed cartwheel
- Handstand forward roll
- Full spin
- Chasse split leap
- Jump ½ turn
- Round-off straight jump
- Rock to back (or drop back to bridge)
- Bridge HOLD, then kick over
- Splits
- Pike fold HOLD
- Shoulder stand, walk out to immediate cartwheel ¼ turn
- Backwards roll to front support – straight arms

TK GYMFIT

Level 6

- Backward walkover

- Full spin

- Round-off flick

- 'W' jump

- Splits

- Pike fold

- Japana fold, join legs together, turn to front support, jump to crouch, stretch jump LAND (0.2 bonus for straddle swim through, front support).

- Chasse split leap cat leap

- Backwards roll towards handstand

- Jump ½ turn

- Forward walk-over

TK GYMFIT

Level 7

- Forward walk-over
- Chasse split-leap chasse cat-leap full
- Backward roll to handstand
- 'W' ½ jump
- Round-off flick
- Splits
- pike, small rock back and stand (feet together)
- Straddle jump
- Run front somersault or free cartwheel
- Full spin
- Backwards walkover
- Releve half turn
- handspring