**WSE Stunt Progression Check List**

**Name/Stunt Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
| **Stunt** | **Complete 5/5 or 7/10 correctly** | **Position**  B – Base; BS – Backspot; F – Flyer; FS - Frontspot | **Coach Signature** |
| Hang Drill |  |  |  |
| Thigh Stand |  |  |  |
| Prep/Half |  |  |  |
| Show & Go  (to squish) |  |  |  |
| Show & Go  (to prep) |  |  |  |
| Hitch to Extension |  |  |  |
| Extension |  |  |  |
| Prep - Lib |  |  |  |
| Prep – Heel Stretch |  |  |  |
| Cupie |  |  |  |

**Advanced List**

**\*\*Skills are allowed to be skipped over if a flyer is unable to perform the skill at the ground level.\*\***

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| **Stunt** | **Complete 5/5 or 7/10 correctly** | **Position**  B – Base; BS – Backspot; F – Flyer; FS - Frontspot | **Coach Signature** |
| Extension – Lib |  |  |  |
| Extension – One-Leg |  |  |  |
| Full Up to Prep |  |  |  |
| Full Up to Extension |  |  |  |
| Walk In – One-Leg |  |  |  |
| Basket – Straight Ride |  |  |  |
| Basket – Toe Touch |  |  |  |
| Basket – Pike |  |  |  |
| Basket – 360 |  |  |  |
| Basket – Kick Full |  |  |  |

**Dismounts**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dismount** | **Complete 5/5 or 7/10 correctly** | **Position**  B – Base; BS – Backspot; F – Flyer; FS - Frontspot | **Coach Signature** |
| Off the Front (w/ FS) |  |  |  |
| Squish |  |  |  |
| Cradle from Prep |  |  |  |
| Cradle from Extension |  |  |  |
| Cradle from One-Leg |  |  |  |
| 360/Full Down |  |  |  |