





**YCADA LEVEL 1
STUNT PROGRESSION TRACKER**

 YCADA LEVEL 1 STUNT PROGRESSION TRACKER	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Knee Stand Cupie Step Off the Back Dismount					
Knee Stand Liberty					
Knee Stand Heel Stretch					
Knee Stand Arabesque					
1/4 Up Knee Stand Cupie					
1/4 Up Knee Stand Liberty					
Double Based Knee Stand Step Off the Back Dismount					
Thigh Stand Cupie Step Off the Back Dismount					
Thigh Stand Liberty					
Thigh Stand Heel Stretch					
Thigh Stand Arabesque					
1/4 Up Thigh Stand Cupie					
1/4 Up Thigh Stand Liberty					
Double Based Thigh Stand Step Off the Front Dismount					
1/4 Up Double Based Thigh Stand					
Waist Level Two Leg Bump Down Dismount					
Waist Level Two Leg Cradle Dismount					
1/4 Up Waist Extension Prep					
Waist Level Double Based Liberty Bump Down Dismount					
Waist Level Single Based Liberty Bump Down Dismount					
Waist Level Single Based Heel Stretch					
Waist Level Single Based Arabesque					
1/4 Turn Waist Level Double Based Torch					
1/4 Turn Waist Level Single Based Torch					
Shoulder Sit Thigh Stand Mount Off the Back Dismount					
Toss Shoulder Sit					
Flatback Lower to Ground Dismount					
Flatback Lower to Cradle Dismount					
Cradle Reload					
Press to Extended Flatback Cradle Dismount					
Extension Prep Show-N-Go					
Extension Prep Step Off The Front Dismount					
Extension Prep Bump Down Dismount					
Extension Prep Jump Load-In					
Extension Prep Hitch					
1/4 Up Sponge					
1/4 Up Extension Prep					
Extension Prep Cradle Dismount					
Extension Prep Pop Off Dismount					
Extension Prep 1/4 Turn Cradle Dismount					



**YCADA LEVEL 2
STUNT PROGRESSION TRACKER**

 YCADA LEVEL 2 STUNT PROGRESSION TRACKER	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
1/2 Up Sponge					
1/2 Up Extension Prep					
Show-N-Go					
Extension Prep Press Extension Bump Down Dismount					
Extension Cradle Dismount					
Extension 1/4 Turn Cradle Dismount					
Cupie (Group Based)					
1/2 Up Extension					
Extension Prep Alternate Cradle Dismount: Ball, Pike, Toe Touch, Kick					
Show-N-Go Prep Liberty					
Prep Liberty Bump Down Dismount					
Prep Liberty Cradle Dismount					
Prep Heel Stretch					
Prep Arabesque					
Barrel Roll					
Prep Liberty 1/4 Turn Cradle Dismount					
Prep Arabesque 1/4 Turn Cradle Dismount					
1/4 Turn Prep Torch					
1/2 Up Prep Liberty					
Handstand to Load-In/Sponge					



**YCADA LEVEL 3
STUNT PROGRESSION TRACKER**

	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Extension Pop Off Dismount					
Show-N-Go Liberty					
Liberty Bump Down Dismount					
Liberty Cradle Dismount					
High Torch					
Heel Stretch					
Arabesque					
Cross Stretch					
Bow-N-Arrow					
Scorpion					
Scale					
1/4 Turn High Torch					
1/2 Up Liberty					
Arabesque 1/4 Cradle					
Full Up Sponge					
Full Up Extension Prep					
Full Up Prep Liberty					
Full Twist Cradle Dismount Drill					
Extension Prep Full Twist Cradle Dismount					
Extension Full Twist Cradle Dismount					
Prep Liberty Full Twist Cradle Dismount					
Ground Level Inversion to Prep Level Stunt					



**YCADA LEVEL 4
STUNT PROGRESSION TRACKER**

	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
	Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Switch Up Extended Liberty					
1/4 Turn Switch Up Liberty					
Liberty Full Twist Cradle Dismount					
Heel Stretch Full Twist Cradle Dismount					
Arabesque 1 1/4 Twist Cradle Dismount					
Low to High Liberty					
Low Liberty to High Stretch					
Full Up Cupie					
Full Up Liberty					
Quick Toss Extension Prep					
Quick Toss Cupie					
Ball Up Cupie					
Ball Up Liberty					
1 & 1/2 Up Extension					
1 & 1/2 Up Liberty					
Ground Level Inversion to Extended Level Stunt					



**YCADA LEVELS 1-4
TUMBLING PROGRESSION TRACKER**

	Legal Starting at Level	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
		Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Forward Roll	1					
Backward Roll	1					
Handstand	1					
Cartwheel	1					
Round Off	1					
Back Limber to Back Walkover	1					
Front/Back Walkover	1					
Valdez	1					
Single Front/Back Handspring	2					
Toe Touch to Back Handspring	2					
Round Off Back Handspring	2					
Consecutive Handspring Series	3					
Toe Touch Back Handspring Series	3					
Round Off Back Handspring Series	3					
Round Off Back Tuck	3					
Round Off Back Handspring Back Tuck	3					
Side Aerial	3					
Running Front Tuck	3					
Standing Back Tuck	4					
Toe Touch Back Tuck	4					
Toe Touch Back Handspring Back Tuck	4					
Front Aerial	4					
Round Off Back Handspring Layout or Pike	4					
Round Off Back Handspring X-Out	4					
Round Off Back Handspring Full Twisting Layout	4					



**YCADA LEVELS 2-4
TOSSES PROGRESSION TRACKER**

 YCADA LEVELS 2-4 TOSSES PROGRESSION TRACKER	Legal Starting at Level	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:	Athlete's Name:
		Date Completed	Date Completed	Date Completed	Date Completed	Date Completed
Straight Ride Toss	2					
Ball	3					
Pike	3					
Toe Touch	3					
Kick	3					
Ball Star	4					
Pike Star	4					
Pretty Flyer Kick	4					
Full Twist	4					
Kick Full	4					