



LEVEL 4 - RED BAND

NUMBER	SKILL
VAULTING SKILLS	
1	Dive Kong
2	Pop Vault
3	Kash Vault
4	Palm Spin
5	Double Kong
6	Vault Precisions
7	Vault to Vault
WALLS & BARS SKILLS	
1	Wall Spin
2	Lache
3	Wall Splat
4	Muscle Up
5	Hip Catch
ACROBATIC SKILLS	
1	Round off Back Flip
2	Wall Flip
3	Aerial
4	Back full twist
5	Cast Away
6	B-Twist
7	A-Twist
8	Palm Flip



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