## EXAMPLE OF A POSSIBLE STUNT PROGRESSION

| STUNTS | Complete7 out of 10 correctly to progress to next level | | | | | | | | | | Coach's Initials | Cheerleader's Initials |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Step-off Drill | | | | | | | | | | | | |
| Shove Wrap /Bear Hug | | | | | | | | | | | | |
| Cradle | | | | | | | | | | | | |
| Step-up Drill | | | | | | | | | | | | |
| Thigh Stand | | | | | | | | | | | | |
| Shoulder Sit | | | | | | | | | | | | |
| Walk-up Double Base Shoulder Stand | | | | | | | | | | | | |
| Shoulder Stand | | | | | | | | | | | | |
| Hang Drill | | | | | | | | | | | | |
| Prep/Elevator/Half | | | | | | | | | | | | |
| Prep Level Hitch | | | | | | | | | | | | |
| Hitch Step-up to Full Extension | | | | | | | | | | | | |
| Half to Full Extension | | | | | | | | | | | | |
| Half Level Liberty | | | | | | | | | | | | |
| 1/2 Twist-in Prep/Half/Elevator | | | | | | | | | | | | |
| Ground-up Full Extension | | | | | | | | | | | | |
| Braced Fully Extended Liberty | | | | | | | | | | | | |
| Ground-up Fully Extended Liberty | | | | | | | | | | | | |
| Arabesque | | | | | | | | | | | | |
| Heel Stretch | | | | | | | | | | | | |
| Scale | | | | | | | | | | | | |
| 1/2 Twist–in Full Extension | | | | | | | | | | | | |
| Floorwork<br>Full Down Drill | | | | | | | | | | | | |
| Front Spot Assisted Full Down | | | | | | | | | | | | |
| Full Down | | | | | | | | | | | | |
| Toe Touch Cradle | | | | | | | | | | | | |
| ETC. | | | | | | | | | | | | |