

# LIL NINJA

LIL NINJA NAME :								
ROCK & ROLL TO STAND								
TABLE								
STRAIGHT BODY POSITION								
TUCK BODY POSITION								
SAFETY FALL - BACKWARDS								
SKI JUMPS								
SPOTTED FORWARD ROLL								
BEAR CRAWL								
APART TOGETHER JUMPS								
<b>PARKOUR</b>								
DUCK WALKS								
WEDGE NINJA ROLL								
LIL VAULT								
LOG ROLL								
JUMP DOWN - FROM ELEVATED SURFACE								
LEAD STRIDE - STEP DOWN FROM ELEVATED SURFACE								
FLOOR MONKEY								
TURN VAULT DOWN								
SQUAT ON								
<b>TRICKING</b>								
LEFT LEG KICK								
RIGHT LEG KICK								
FORWARD CHAMBER								
360° SPIN - WITH FEET ON FLOOR								
180° JUMP								
STINKBUG								
<b>WARRIOR</b>								
FRONT SUPPORT - SPOTTED								
HANG (3 SEC.)								
BARREL GLIDES								
SNAKE CRAWL								
MOUNTAIN WITH 1 LEG-UP								
CRUNCHES (5)								
RING SWING								
DRAGON KICK (NO HOP)								

# LIL NINJA +

LIL NINJA NAME :									
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## GYMNASTICS/TT

SPOTTED BACKWARD ROLL									
SEAT BOUNCES									
360° BEAR CRAWL SPIN									
ELEVATED MAT WALK									
SKIPPING									
PUPPY BOUNCES									
SPRINGBOARD JUMP FREEZE									
STRADDLE ROLL									

## PARKOUR

JUMP UP - TO ELEVATED SURFACE									
LEAD STRIDE - STEP UP TO MAT									
MAT POP - ON RICOCHET									
WALL SPIN PROGRESSION									
SAFETY SLIDE									

## TRICKING

FLOOR SAFETY									
CART HOP									
CHAMBER HOPS TO ALTERNATING LEGS									
BUTTERFLY KICK PROGRESSION									
JUMPING SPIN STEP									
360° ONE FOOT TAKE-OFF									

## WARRIOR

BAR MONKEY WALKS - WITH FEET ON MATS									
MONKEY BARS - WITH SPOT									
BARREL RE-GRIPS									
GARGOYLE HANG									
SUPPORTED CHIN UP									
TUCK HANG - 3 SECONDS									
FRONT SUPPORT ROLL FORWARD, PUSH BACK TO FRONT SUPPORT									
STRADDLE HANG									
TORNADO SPIN 180°									



<b>WHITE LEVEL</b> <i>5 points attempted 10 points landed</i>	<b>NAME</b>								
<b>GYMNASTICS/TT</b>									
Forward Roll (Incline)									
Table									
Straight Jump (Tramp)									
Tuck Jump (Tramp)									
Lunge									
Elevated Balance Beam Walk									
<b>PARKOUR</b>									
Precisions									
Spider-Man Landing (Slap Out)									
Ninja Roll									
Safety Vault									
Lazy Vault									
Turn Vault									
Clears									
Side Roll									
<b>TRICKING</b>									
Tricking Stance									
Darkside Stance									
Spin Steps									
360° Jump									
Round Kick									
Hook Kick									
<b>WARRIOR</b>									
Front Support									
Swings									
Gargoyle Hang									
Plank Hold									
Donkey Kick or 1/2 handstand									
Situp									
Spider-Man Handstand									
Single Ring Dismount									





<b>WHITE LEVEL +</b> <i>5 points attempted</i> <i>15 points landed</i>	NAME								
<b>GYMNASTICS/TT:</b>									
Forward Roll (floor)									
Backward Roll (incline)									
Hurdle									
Seat Drop (tramp)									
Bear Walk on Beam									
Springboard Punch									
Straight Jump (floor)									
Tuck Jump (floor)									
Puppy Drop (tramp)									
<b>PARKOUR:</b>									
Monkey Up									
Strides									
Wall Pop									
Tac (Horizontal)									
Cat Grab (Ricochet)									
Window Escape									
Seat Vault									
<b>TRICKING</b>									
Front Sweep									
Back Sweep									
Scout									
Cart									
Switch Front Kicks									
Compass Kick									
360° Jump									
<b>WARRIOR</b>									
Arch Hold									
Hollow Hold									
Bar Monkey Walks									
Regrip Swings									
Gargoyle Flip									
Chin Hold (3 sec.)									
Pushup									
Bar Roll									
Sloth Hang									
Warped Wall (6 ft)									





YELLOW LEVEL <i>10 points attempted 20 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Backward Roll (floor)									
Lunge Cartwheel									
Elevated Forward Roll									
Elevated Bridge									
Dive Roll									
Pike Jump (tramp)									
Back Drop (tramp)									
<b>PARKOUR</b>									
Ninja Roll (reach & roll)									
Window Escape 180°									
Reverse Safety Vault									
Speed Vault									
Kash Vault									
Ghost Step									
Elevated Side Roll									
<b>TRICKING</b>									
Switch 180° Round Kick									
Switch 180° Hook Kick									
Tsunami Kick									
Webster Roll									
One-Handed Cart									
<b>WARRIOR</b>									
Kick to Handstand (against wall)									
Horizontal Pullup (Assisted)									
Assisted or 1/2 Pullover									
Cast									
Seated Leg Raises									
Lache									





YELLOW LEVEL + <i>10 points attempted 25 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Cartwheel Step-In									
Back Handspring (barrel)									
Hurdle Cartwheel									
Elevated Backward Roll									
Elevated Punch Forward Roll (no hands)									
Stomach Drop									
<b>PARKOUR</b>									
Tac-Ninja Roll									
Thief Vault									
Wall Spin (Ricochet mat)									
Twist Vault									
180° Precisions									
180° Strides									
Flying Ninja Roll									
<b>TRICKING</b>									
Pocket Knife									
Pop 180° Round Kick									
Butterfly Kick									
Macaco									
540° Jump									
<b>WARRIOR</b>									
Lunge Handstand									
Pullover									
Gargoyle to Reverse Gargoyle									
Cast 180°									
Undershoot/Glide Swing									
Warped Wall (8 ft)									





GREEN LEVEL	NAME								
15 points attempted 30 points landed									
<b>GYMNASTICS/TT</b>									
Elevated Round-Off									
Arabian Dive Roll									
Handstand Forward Roll									
Back Tuck (tramp)									
Front Tuck (tramp)									
Pike Jump									
Front Handspring (barrel)									
Front Watermelon Flip									
Back Watermelon Flip									
<b>PARKOUR</b>									
Reverse Window Escape									
Palm Spin									
Kong Vault									
Dash Vault									
Reverse Vault									
Elevated Flying Ninja Roll									
<b>TRICKING</b>									
Transformer									
Pop 360° Hook Kick									
Tornado Kick									
Kip Up									
<b>WARRIOR</b>									
Standing Toe Shoot									
Cast 360°									
3 Pullup									
Rope Climb									





GREEN LEVEL + <i>15 points attempted 35 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Round-Off									
Back Extension Roll (push)									
Back Handspring (incline or tramp)									
Elevated Front Handspring									
Elevated Standing Tuck									
Front Flip, Stick, Half Turn									
Back Flip, Stick, Half Turn									
180° Jump, Rebound, Front Flip									
<b>PARKOUR</b>									
Wall Spin (Wedge mat)									
Window Escape 360°									
360° Precision									
Dive Kong									
<b>TRICKING</b>									
Karate Aerial									
Fei-Long Tornado Kick									
Elevated Webster Flip									
<b>WARRIOR</b>									
RE-GRIP SWING 180°									
Warped Wall (10 ft)									





BLUE LEVEL <i>20 points attempted 40 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Front Tuck Rebound (tramp)									
Back Tuck, Rebound (tramp)									
Standing Front Tuck (tramp)									
Elevated Aerial (step hurdle)									
Front Half (tramp)									
Back Half (tramp)									
Arabian (tramp)									
Ball Out									
Roundoff Back Tuck (tramp)									
<b>PARKOUR</b>									
Side Flip									
Wall Flip									
Kong Safety									
Double Kong									
<b>TRICKING</b>									
720° Jump									
D-Leg (spotting block)									
Webster Flip									
<b>WARRIOR</b>									
Backward roll to Handstand									
Flyaway									
Cast - Toe Shoot									
Cast 360° Regrab									
Back Hip Circle									





BLUE LEVEL + <i>20 points attempted 45 points landed</i>	NAME								
<b>GYMNASTICS/TT:</b>									
Back Flip, Rebound, Back Flip									
Front Flip, Rebound, Front Flip									
Front Handspring (floor)									
Back Handspring (floor)									
Roundoff Back Handspring (tramp)									
Standing Back Tuck									
Punch Front Tuck									
<b>PARKOUR</b>									
Wall Spin									
Wall Arabian									
Kong Front									
Reverse Palm Spin									
Inward 360° Roll									
<b>TRICKING</b>									
Touchdown Raiz									
Raiz									
Slant Gainer									
Swing Gainer									
Backside 900° Kick									
Cheat 720° Hook Kick									
Elevated A-Twist									
Elevated B-Twist									
<b>WARRIOR</b>									
Controlled Handstand Walk									
5 Pullups									





PURPLE LEVEL <i>25 points attempted 50 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Roundoff Back Handspring (floor)									
Font Full (tramp)									
Back Full (tramp)									
Arabian Half (tramp)									
Roundoff, Back Handspring, Back Tuck (tramp)									
Punch Front Half (floor)									
Flyspring (tramp)									
Washing Machine									
<b>PARKOUR</b>									
Dash 360° Vault									
Mega Kash Vault									
Rainbow Dash									
360° DIVE ROLL									
<b>TRICKING</b>									
A-Twist									
B-Twist									
Cheat 540° Kick									
Flash Kick									
<b>WARRIOR</b>									
Reverse Flyaway									
Back Lever									





PURPLE LEVEL + <i>25 points attempted 55 points landed</i>	NAME								
<b>GYMNASTICS/TT</b>									
Connected Back Tuck (tramp)									
Connected Front Tuck (tramp)									
Standing Aerial (floor)									
Spin Cycle (tramp)									
Cody (tramp)									
Roundoff, Back Handspring, Back Tuck (floor)									
<b>PARKOUR</b>									
360° KONG VAULT									
Reverse Wall Spin									
Gaet Flip									
Speed 360° Vault									
Tunnel Flip									
Trap Door									
<b>TRICKING</b>									
Jack Knife									
Cart Full									
<b>WARRIOR</b>									
Controlled Handstand Push-Up									
Muscle-Up									
Cast Away									

