



NINJA CURRICULUM



LEVEL 1

FLOOR	VAULT	BAR/RIG	WALL
-Safety Roll	-Squat On	-Casts(3)	-Kick Off
-Cartwheel	-Safety Vault	-Pull ups(3-5)	-Climb Up
-Front Roll	-Speed Vault	-Regrip	-Cat Pounce
-Punch Jump	-Roll Vault	-Birdy Perch (support)	-Precision Jump
CHALLENGES			
Punch Jump<Safety Roll<Safety Vault			
Cartwheel<Punch Jump<Front Roll			
Squat on<Speed Vault>Roll Vault			

LEVEL 2

FLOOR	VAULT	BAR/RIG	WALL
-Dive Roll	-Dive Vault	-Cast ½ turn Dismount	-Kick Off into Forward Roll
-Roundoff	- Reverse Vault	-Pullover	-Jump Off
-Backward Roll	-Kong Vault	-Double Hand Change	-Precision Jump 1/2 Turn
-Handstand	-Jump to Kong Vault	-Birdy Perch (5 secs)	-Spider Flip
CHALLENGES			
Dive Roll<Roundoff<Backward Roll			
Kong Vault<Jump to Kong Vault<Dive Vault			
Forward Roll(Bars)<Birdy Perch<Jump Off			

LEVEL 3

FLOOR	VAULT	BAR/RIG	WALL
-Webster	-Double Kong	-Full Birdy Perch	-Run up Tuck Jump to back
-Scoot	-Pop Vault	-Cherry Drop	-Kickoff to dive roll
-Illusion	-Half On	-3 Double Hand Changes	-Kick off to full turn precision jump
-Macaco	-Lazy Vault	-Back Hip Circle	-Jump to Side Cast
CHALLENGES			
Webster<Pop Vault<Scoot<Kick off to Dive Roll			
Lazy Vault<Double Kong<Webster			
Back Hip circle<Forward Roll<Cherry Drop			

LEVEL 4

FLOOR	VAULT	BAR/RIG	WALL
-Front Flip (support)	-Cast Flip	-Front Hip circle	-Kick off to Frontflip
-Backflip (support)	-Butterfly kick	-Fly Away	-Run up Wall Backflip
-Side flip (support)	-Cheat Gainer	-Cast to Birdy Perch	-Spider Flip to Dive Roll
-J step Kick (Kick the moon)	-Full turn dive roll	-Dismount to barrel roll(Airbag)	-Kick off to full turn to Backward Roll
CHALLENGES			
Front Hip Circle<Back Hip Circle<Cast to Birdy Perch			
Spider Flip to Dive Roll<Frontflip<J Step Kick (Kick the moon)			
Side flip (support)<Backflip (Support)<FrontFlip (Support)			