



A VARSITY SPIRIT BRAND

# PYRAMID PROGRESSIONS

<p><b>Non-Released Transition</b></p>	<ul style="list-style-type: none"> <li>• Braced non-released transitions</li> <li>• Inverted stunts to prep level and below</li> <li>• Intermediate full up variations</li> </ul>	<ul style="list-style-type: none"> <li>• Inverted stunts to extended - 2 bracers</li> <li>• Advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>• Inverted stunts involving spinning to extended - 2 bracers</li> <li>• Inverted stunts to extended - 1 bracer</li> <li>• Elite full up variations</li> <li>• Single base advanced full up variations</li> </ul>	<ul style="list-style-type: none"> <li>• Inverted stunts involving spinning to extended - 1 bracer</li> <li>• Super elite full up variations</li> <li>• Single base elite / super elite full up variations</li> </ul>
<p><b>Released Transition</b></p>	<ul style="list-style-type: none"> <li>• Released transition to any level with 2 bracers</li> <li>• Released transition to prep or below with 1 bracer</li> <li>• Switch up landing extended - braced or unbraced</li> </ul>	<ul style="list-style-type: none"> <li>• Released transition landing extended with 1 bracer</li> <li>• Braced inverted stunts released to prep level and below</li> </ul>	<ul style="list-style-type: none"> <li>• Released transition involving spinning or inversion that land extended with 2 bracers</li> <li>• Unbraced releases landing extended</li> </ul>	<ul style="list-style-type: none"> <li>• Released transition to extended involving spinning / inversions with 1 bracer</li> <li>• Unbraced spinning release landing extended</li> </ul>
<p><b>Braced Roll/Flip</b></p>	<ul style="list-style-type: none"> <li>• Flipping transition landing below prep level</li> <li>• Rolling transition to prep and below</li> </ul>	<ul style="list-style-type: none"> <li>• Flipping transition landing at prep level</li> <li>• 1/2 twisting flipping transition landing below prep level</li> <li>• Rolling transition to extended position - 2 bracers</li> </ul>	<ul style="list-style-type: none"> <li>• Flipping transition landing extended</li> <li>• 1/2 twisting flipping transition landing at prep level</li> <li>• Rolling transition to extended position - 1 bracer</li> </ul>	<ul style="list-style-type: none"> <li>• Flipping transition starting at prep or above, landing extended</li> <li>• 1/2 twist flipping transition landing extended</li> <li>• Flipping transition landing extended with minimal bases</li> </ul>