Tricking Curriculum: Level 1 (White Stripe)

**Overview**

* Four Basic Kick Tricks: P1R, PIH, C3R, S3H
* Three Simple Transitions: Pop, Vanish, Redirect
* Grounded Kicks: Round, Hook
* Concept Check: Target, Orientation, Stance
* Definitions: Takeoffs, Rotations, Kick Trick, Transition
* Combo Patterns: Basic, Grounded
* Grounded Invert: Handstand, Cartwheel
* Airborne Invert: Butterfly Kick

**STUDY GUIDE**

**Terminology Kicks / ‘Grounded’ Inverts**

[ ] Target [ ] Cheat [ ] Round Kick [ ] Handstand
[ ] Spin [ ] c3r/Tornado [ ] Hook Kick [ ] Cartwheel
[ ] Stance [ ] Swing [ ] Butterfly Kick
[ ] Backside [ ] s3h/Tsunami
[ ] Frontside [ ] Transition **Tricks / ‘Basics’**
[ ] Round [ ] Pop [ ] Pop 180 Round
[ ] Hook [ ] Vanish [ ] Pop 180 Hook
[ ] 180 [ ] Redirect [ ] Tornado Kick
[ ] p1r [ ] Invert [ ] Tsunami Kick
[ ] p1h

**Transitions Patterns**

[ ] Round – Pop [ ] Basic, Basic
[ ] Hook – Pop [ ] Grounded, Basic, Basic
[ ] Round – Vanish [ ] Basic, Grounded, Basic
[ ] Hook – Vanish [ ] Basic, Basic, Basic
[ ] Round – Redirect
[ ] Hook – Redirect \*Trick School created by Professor Dan Perez