

# Tricking Curriculum: Level 2+

## Overview

- Four Novice Kick Tricks: p1k Kitana, p1s Suriken, p3h Pop 360 Hook, p3r Pop 360 Round, c5h Cheat 540 Hook, s5r Swing 540 Round
- Three Simple Transitions: Missleg, Carrythru
- Concept Check: 360, Hypered Landing,
- Definitions: Takeoffs, Rotations, Kick Trick, Transition
- Combo Patterns: Basic, Novice
- Grounded Invert: Gymnastic Cartwheel/Round-Off, Au De Costa
- Airborne Invert: Aerial

## STUDY GUIDE

### Exercises

- Punch Jump    Pike Jump    Pop 360    1 Legged Tuck Jump    1 Legged 180 Tuck Jump  
 Skater Jump    Box Jump    Deadlift    Dips    Lateral Shoulder Raise    Push Up  
 Lunge    Clams    Rows

### Terminology

- Target    p1k  
 360    p1s  
 Hypered Landing  
 p3h    p3r  
 c5h    s5r  
 Round    Pop

### Inverts

- astic Cartwheel/Round-Off  
 Au De Costa  
 Aerial

### Tricks / 'Novice'

- Kitana    Cheat 540 Hook  
 Suriken    Swing 540 Round  
 Pop 360 Hook  
 Pop 360 Round

### Transitions

- Round Missleg  
 Hook Missleg  
 Round Carrythru  
 Hook Carrythru

### Combinations

- Novice, Novice  
 Basic, Novice, Novice  
 Novice, Basic, Novic  
 Novice, Novice, Novice