

| | | |
|----------------------------------|---|---|
| Level 2 FS | | |
| Division | Trick No | Description |
| Traditional Gymnastics Tricks | | Any Skill Listed in the current International Gymnastics Federation Code of Points (FIG) may be used so long as the skills are in the difficulty category C (Level 5), B (Level 4) or A (Level 2). Skills categorized in the FIG Code as "D", "E", "F" or "G" difficulty levels may not be performed in Freestyle Acrobatics. |
| Traditional Gymnastics Tricks | Any Skill listed in the current AAU National Gymnastics Rules for Compulsory athletes or in the USA Gymnastics Rules for Compulsory athletes may be used and will be given a difficulty Level of: | <p>Level 1 – All traditional elements which do not include salto's, giants or back handsprings</p> <p>Level 2 – Any back handspring skill, kipping skill, or "A" level strength skill</p> <p>Level 3 – Any salto skill, giant skill</p> <p>Level 4 – All traditional elements which in the current rules which are rated at a "B" level</p> |
| Free Running | 2.005.2 Wall Climb | Running up a wall and grabbing the top edge in order to climb atop the wall. |
| Free Running Kangaroo Trick | 2.014.2 Crane Leap | Jumping onto an obstacle using one foot on top and one foot down the obstacle to maintain support; usually done if one cannot get both feet on top of the obstacle. |
| Tumbling Trick | 3.005.2 Aerial | A cartwheel without hands. The Aerial is a trick in which the performer leans his upper body over his base foot, and kicks up his back leg while launching off of his base foot. As the body gains lift, the leg that kicks back transfers to the other side of the body, causing the body to rotate along the coronal plane, and to make way for the landing. The chest should face the ground just before launching and just before landing the Aerial. |
| Tumbling Trick | 3.006.2 Back Flip | Known as the most commercial of any other skill. While being seemingly difficult to the average person, the Backflip is actually very elementary. One thing about the Backflip is that there are a few variations of it; however, when using the term 'backflip', it is often assumed that it is a 'back tuck'. |
| Tumbling Trick | 3.008.2 Front Flip | A trick where the performer jumps up and rotates 360° forwards along the sagittal plane (or about the x-axis), before returning to his feet. |
| Tumbling Trick | 3.009.2 Side Flip | A trick in which the performer jumps and rotates 360° about the z-axis over their shoulders before returning to their feet. |
| Martial Arts Trick | 4.002.2 540 | From a ready stance, the performer turns away from the target as if to perform an outside spin kick...instead, that action is faked, and the knee pulls upwards sharply as the performer jumps off his base leg. At this moment, a tornado kick is made ready; but instead of kicking it out like normal, the hips violently turn over and the kick is directed up and over in an arc-like fashion...leaving you to land on your kicking leg. |
| Martial Arts Trick | 4.003.2 Backside 720 | A 360 (one) spin with an outside kick such as a hook or outside crescent. The performer begins in a "backside" stance and uses a "pop" takeoff to begin the move. An additional 180 after kick (post landing) may be added to return to stance. |

| Level 2 FS | | |
|------------------------|-------------------------|---|
| Martial Arts Trick | 4.004.2 Butterfly Kick | A trick where the performer places his base foot further away from his body, before dipping his upper body down and back up in a "U" figuration. While he does this, his chest transfers from being over his back leg to being over his base leg. As the performer lifts his chest back upwards, he kicks up his back leg while launching off of his base foot. The combination of these actions should propel the performer into a flat spin. Once the back leg reaches the zenith of its kicking motion, the base leg is kicked upwards as well while the back leg drops back down. The trick terminates by landing on the foot of the back leg and returning to stance. The Butterfly Kick is a very sensitive trick; many things must be achieved to make it legit. While the performer is airborne the arms must be held out to the side. While kicking the base leg back, the chest must be facing forward while the navel is pointing downwards. There also must be a 180° flat spin while airborne. |
| Martial Arts Trick | 4.007.2 Pop 360 Gyro | The Pop 360 Gyro is a trick in which the performer jumps off of both feet, from a ready position, turns 360° while delivering an outside spin kick to the target, and continuing to spin an additional 180° before landing on the ground. |
| Vault Trick | 5.002.2 Dash Vault | a vault where ones feet/legs pass over the obstacle first as if attempting to sit directly on it then followed by the hands to push off the object. |
| Vault Trick | 5.004.2 Kong Vault | A vault over an obstacle while using only the hands and the body remaining parallel to the ground; a long dive onto and over the obstacle. |
| Swing Trick | 6.008.2 Monkey Throw | A swinging motion used to propel oneself forward off the bar, with no flip, either to another bar or to the ground. |
| Swing Trick | 6.009.2 Kip | A swinging motion used to move from a forward swing to a support position on top of the bar. |
| Swing Trick | 6.010.2 Back Uprise | A swinging motion used to move from a backward swing to a support position |
| Swing Trick | 6.011.2 Squat On | A cast that pushes high enough to place feet on the bar and stand up |
| Swing Trick | 6.012.2 Cast Over | A cast that pushes over the bar to land in front of the bar |
| Swing Trick | 6.013.2 Free Hip Circle | A support motion that flips/rolls backwards around the bar and ends pushing away from the bar. |
| Break Dancing Footwork | | Footwork is a broad term for the moves that are done mainly on the ground. Most footwork is a product of an acrobat's imagination or creativity, and therefore is not named. Footwork is one of the main bases of style and one of the key aspects of break dancing. |
| Freeze Trick | 7.003.2 Platform | The part(s) of the body that touches the ground holds the rest of the Body in position. Examples of platforms are: hand, elbow, head, shoulder, back, belly, side, sometimes knee. A freeze could have multiple platforms: The platform of a Tri-pod Headstand would be 2 hands and a head. The platform of a Baby Freeze is also 2 hands and a head, but the body is horizontal rather than vertical as in a Headstand. |

| | | |
|-------------------|----------------------------|---|
| Level 2 FS | | |
| Freeze Trick | 7.004.3 Stab | The act of stabbing the elbow up into the abs, hip, side, or back. Your hands are on the floor holding your body up horizontally off the ground. Your entire body is balanced on that elbow making your fore-arm the fulcrum and is your primary support. Stabs are not required for all freezes; however, it is basic and a foundational requirement to advance to a greater level of moves and freezes. |
| Freeze Trick | 7.005.2 Bridge | You are lying down on your back, then with your hands (up by your head) and your feet (by your bottom) on the ground, you push your hips up until you are arched like a bridge facing upwards. From a handstand you could fall forwards into a bridge. |
| Freeze Trick | 7.006.2 Beginner Freeze | A basic freeze in which you are on your back, high on your shoulders, the hands are on the back waist, and elbows stabbed on the ground. |
| Freeze Trick | 7.007.2 Baby Freeze | A basic freeze where one hand is stabbed and the head and opposite hand are used for balance in a tripod position. While both legs are held in the air commonly with the opposite leg's knee of the balancing arm is placed on the balancing arm. |
| Freeze Trick | 7.008.2 Headstand | A freeze while standing on the head, with or without hands on the floor for support. |
| Freeze Trick | 7.009.2 Airbaby | A type of freeze with one knee resting on the corresponding elbow and both legs in the air. The knee that is resting on the elbow should be bent. |
| Power Move | | A power move is any type of move in break dancing which requires spinning and/or rotating in a way that can be done so in multiple rounds. All power moves (or series of a type of power move) can be connected in combos to form a "power combo". |
| Circles & Flares | 7.040.2 Double Leg Circles | Swinging in a circular motion on hands with legs together. |
| Backspin | 7.089.2 Backspin | One of the first spinning and famous power moves ever made. This is a move which has the breaker balled up and spinning on his or her back. |
| Backspin | 7.090.2 Sidespin | Sometimes done after a windmill, the side spin is balled up like the back spin except the breaker is rotating on his or her side. |
| Spins | 7.101.3 Knee Spin | Spinning on a knee or both knees, in any direction. |