# Pyramid Progressions

## Non-Released Transition
- Braced non-release transitions
- Inverted stunts to prep level and below
- Intermediate full up variations
- Inverted stunts to extended – 2 bracers
- Advanced full up variations
- Inverted stunts involving spinning to extended – 2 bracers
- Inverted stunts to extended – 1 bracer
- Elite full up variations
- Single base advanced full up variations

## Released Transition
- Released transitions to any level with 2 bracers
- Released transitions to prep or below with one bracer
- Switch up landing extended – braced or unbraced
- Released transition landing extended with 1 bracer
- Braced inverted stunts released to prep level and below
- Released transition involving spinning or inversion that land extended with 2 bracers
- Unbraced releases landing extended
- Released transition to extended involving spinning / inversions with 1 bracer
- Unbraced spinning release landing extended

## Braced Roll / Flip
- Flipping transition landing below prep level
- Rolling transition to prep and below
- Flipping transition landing at prep level
- ½ twisting flipping transition landing below prep level
- Full twisting flipping transition to below prep level
- Rolling transition to extended positions – 2 bracers
- Flipping transition landing extended
- ½ twisting flipping transition landing at prep level
- Rolling transition to extended position – 1 bracer
- Full twisting flipping transition to prep level
- Flipping transition starting at prep or above, landing extended
- ½ twist flipping transition landing extended
- Flipping transition landing extended with minimal bases
- Full twisting flipping transition to extended level