

Extreme Unicycling Skill Final Contents

Legend:

- Base
- Beginner
- Intermediate
- Advanced

Levels

Base Level 1

- Mount
- Ride 10 revs
- Dismount

Base Level 2

- Ride a circle
- 10x Hopping
- 10x Idling

Base Level 3

- Ride a figure-8
- Ride 10 revs backwards

Extreme Level 1

- Seat Out Hopping
- Wheel Hopping
- Rolling Hop
- Aerial

Extreme Level 2

- 180 Unispin Mount
- 180 Hoptwist
- Leg Wrap
- Tire Grab
- Footplant

Extreme Level 3

- 180 Unispin
- 90 Unispin
- 180 Unispin in Hopping on Wheel
- Pedal/crank stall (grab)
- Hopping on Wheel seat in-back

Extreme Level 4

- Crankflip
- Back crankflip
- 270 unispin

- 360 unispin
- Seat Wrap
- Push mush

Extreme Level 5

- 180 crankflip
- 180 back crankflip
- Backroll
- Rolling wrap
- Grind (Rolling Crank/Pedal Grab, Slide, Hop off)
- 360 Hoptwist

Extreme Level 6

- Hickflip
- Rolling wrap to back roll
- Outside roll
- Sexchange (crankflip with 180 bodyvarial)
- 540 Unispin
- Lateflip
- Outflip
- Side Jump

Extreme Level 7

- Varialfip (or Inward Varialfip)
- Doubleflip
- Treyflip
- Varial roll
- 360 Sidespin
- 180 Lateflip
- Side roll
- 360 Unispin in Hopping on Wheel
- Backrollflip

Extreme Level 8

- 180 Doubleflip
- 360 Lateflip
- Double back crankflip
- Varial roll to outsideroll
- Inward varial roll
- Treybackflip

Extreme Level 9

- Full varial flip (or inward bigflip)
- Hick doubleflip
- Treysideflip
- 540 Sidespin
- Fifth Flip
- 720 Unispin
- Tripleflip