




# Extreme Unicycling Skill Levels

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## Legend:

-  Beginner
-  Intermediate
-  Advanced

## Base Level 1:

- Mount
- Ride 10 revs
- Dismount

## Base Level 2:

- Ride a circle
- Hop or idle 10 times

## Base Level 3:

- Ride a figure-8
- Ride backwards 10 revs

## Extreme Level 1:

- Seat Out Hopping
- Seat In Hopping
- Wheel Hopping
- Rolling Hop

## 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)

## Extreme Level 4:

- Crankflip
- Back crankflip
- 270 unispin
- 360 unispin
- Seat Wrap

Extreme Level 5:

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

Extreme Level 6:

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

Extreme Level 7:

- Varialflip (or Inward Varialflip)
- Doubleflip
- Trey flip
- Varial roll
- 360 Sidespin
- Lateflip

Extreme Level 8:

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

Extreme Level 9:

- Full varial flip (or inward bigflip)
- Hick doubleflip
- Treysideflip
- 540 Sidespin
- 720 unispin

Extreme Level 10:

- Fifth Flip
- Treydoubleflip
- Tripleflip
- 900 Unispin
- 360 Lateflip