

# Freestyle Skill Levels

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## Annotations:

- For circles, if not other stated: direction and diameter is up to the rider. If revolutions are omitted, it's minimum one

## 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

## Freestyle Level 1:

- Wheel Walk 8 revs
- 1ft 10 revs
- Riding Seat in front 10 revs

## Freestyle Level 2:

- Riding a circle (diameter not larger than the basketball circle) 3 revs
- 1ft Wheel Walk 8 revs
- Riding Seat in back 10 revs
- 1ft circle

## Freestyle Level 3:

- Wheel Walk circle
- Riding a circle bwd
- Gliding min. 8 revs
- Seat-on-side (circle)
- Riding a slalom around 10 cones in a row, cone-distance: ~2m

## Freestyle Level 4:

- Hop 10 times (Seat in)
- (1ft) Wheel Walk to Stand up Wheel Walk (freehanded)
- Stand up Wheel Walk 5 revs
- Kosh-Kosh 8 revs
- Cross-Over 10 revs
- Backturn
- Riding a circle backwards (diameter not larger than the basketball circle) 3 revs

#### Freestyle Level 5:

- Seat in front hopping 10 times
- Spin 5 revs
- Stand up Kosh-Kosh 8 revs
- Drag Seat in front 10 revs
- Frontturn
- Gliding with 180° Tipspin to Wheel Walk
- Riding a circle 1ft (diameter not larger than the basketball circle) 3 revs

#### Freestyle Level 6

- Hopping on Wheel 10 times (no transition in)
- Spin 10 revs
- 180° Hoptwist (while riding)
- Stand up Seat on side Wheel Walk
- Drag Seat in back
- Seat on Side Spin 5 revs
- Gliding with 360° Tipspin to Wheel Walk

#### Freestyle Level 7

- 1ft Spin 5 revs
- Spin backwards 5 revs
- Gliding to Stand up Gliding (freehanded)
- Stand up Gliding 5 revs
- 90° Unispin (Seat in front Hopping to Hopping on Wheel)

#### Freestyle Level 8

- 1ft Spin ext. 5 revs
- Hand Walk 8 revs
- Spin 60 revs per minute
- Spin backwards 10 revs
- Drag Seat in front backwards 10 revs

#### Freestyle Level 9

- Stand up Coasting 5 revs
- 180° Unispin
- Pirouette 2 revs
- Sideways Wheel Walk 8 revs
- Drag Seat in back backwards 10 revs

#### Freestyle Level 10

- Stand up Gliding Pirouette 1 rev
- Backwards Pirouette 2 revs
- Side Ride 10 revs
- Coasting 10 revs
- Hopping on Wheel 180° Unispin
- 360° Unispin