

Package Skill Level system (revision 2)

Changes made: Advanced Packages are 2 levels and Pro Packages are 3 levels. Added Examples. Packages were not changed, this has to be discussed in depth anyway. Directions that should be added: Hockey, Jumping

These are other skill levels than the classic ones. In the past you had 10 levels, each with a list of tricks you had to master to achieve the level. In this system you are not forced to do the levels in a defined order. You can try the levels that fit your interest and capability of unicycling.

We have so called **packages**, each with a list of tricks. If all tricks of one package are mastered with maximum one mistake, the package is mastered. The packages are categorized in so called **directions**. Each direction consists of **3 packages: Basic, Advanced, Pro**. In one direction the Advanced package can only be tried if the Basic package is already mastered. The Pro package can only be tried if the Advanced package is already mastered. The **first package (the first level)** to master is always the **Basic** package of the direction **Riding**.

Every package is worth a certain amount of levels. **Basic: 1 level, Advanced: 2 levels, Pro: 3 levels**. With 13 directions there are **78 Levels** to reach.

Examples: A rider who mastered Riding(Basic,Adv) reaches level **3**. Another rider who mastered Riding(Basic), One foot(Basic) and Mounts(Basic) reaches level **3**, too. A third rider who mastered Riding(Basic,Advanced,Pro) reaches level **6**. One of the ways to reach level **7**: Riding(Basic), Wheel Walk(Basic,Adv), Gliding/Coasting(Basic,Adv).

The Directions and their packages

Direction: Riding

| Basic (always first package) | Advanced | Pro |
|---|---|--|
| <ul style="list-style-type: none"> - mount unicycle unassisted - ride 50m without any help - dismount gracefully | <ul style="list-style-type: none"> - ride figure 8 - ride slalom of 10 cones - ride up and down 3m with gradient 20% - ride down a vertical drop of 15cm - ride 10m bwd - 10 times idling | <ul style="list-style-type: none"> - ride down 5 20cm x 20cm stairs - backwards figure eight |

Direction: Wheel Walk

| Basic | Advanced | Pro |
|--|---|---|
| <ul style="list-style-type: none"> - ride 3m, from pedals to wheel walk, 20m wheel walk, back to pedals | <ul style="list-style-type: none"> - ww in a circle of min 3m/max5m diameter - 20m ww 1ft - 10m koosh koosh - 5m ww bwd | <ul style="list-style-type: none"> - ww bwd in a circle - 10m spokewalk |

Direction: One foot

| Basic | Advanced | Pro |
|--|---|---|
| <ul style="list-style-type: none"> - ride 3m, transition to one foot, ride one foot 20m, back to pedals, ride 3m - idle 10 times with one foot | <ul style="list-style-type: none"> - toe point spin - ride 20m one foot with each foot - ride 20m one foot backwards | <ul style="list-style-type: none"> - side ride in a circle - cross over in a circle |

Direction: Seat out

| Basic | Advanced | Pro |
|--|---|--|
| - ride 3m, transition to seat out in front/back, ride with seat in front/back 20m, back to riding, ride 3m | - ride 20m seat out in front/back backwards - ride 20m drag seat in front/back | - ride 20m seat out in front/back backwards in figure eight - pick up seat in front/back after riding 20m drag seat |

Direction: Gliding/Coasting

| Basic | Advanced | Pro |
|---------------------------------|---|--|
| - get pulled in gliding for 50m | - get pulled in gliding in a figure eight - transition from riding to gliding, glide 20m - glide in a circle freehanded | - 30m straight coasting feet in - 30m straight coasting 1ft ext |

Direction: Spin/Pirouette

| Basic | Advanced | Pro |
|--|---|---|
| - ride in a circle of 1m diameter, spin 10 rotations in a circle of 1m diameter, leave the circle riding | - spin 20 rotations in both directions in a circle of 1m diameter | - do a pirouette with 3 rotations - spin 20 rotations in under 10s |

Direction: Stand up

| Basic | Advanced | Pro |
|--|---|---|
| - get pulled in stand up gliding for 50m - 20m stand up ww 1ft with a partner | - 20m stand up ww 1ft - transition from gliding pulled to stand up gliding pulled with a hand touching the saddle - transition from 1ft ww to stand up ww with a hand touching the saddle | - 20m stand up gliding bwd pushed - transition from riding (gliding is optional) to stand up gliding freehanded and do 20m stand up gliding without any help - 10m stand up gliding leg extended freehanded - 20m stand up koosh koosh |

Direction: Mounts

| Basic | Advanced | Pro |
|--|--|---|
| - normal mount with left and right foot - rolling mount - side mount - back mount | - kick up - pick up - jump mount | - side jump mount - 360 unispin jump mount - mount to stand up wheel walk - mount to drag seat |

Direction: Flat

| Basic | Advanced | Pro |
|---|--|---|
| - wrap - back roll - 180° unispin - 10 hops in hopping on wheel - seat drop | - crank flip - rolling wrap - 360° unispin | - 720° unispin - 360° sidespin - double crank flip - 20m sideways wheel walk, back to pedals |

Direction: Street

| Basic | Advanced | Pro |
|---|---|--|
| - jump down 15cm while doing a 180° unispin | - grind down 3m - jump down a 360° unispin 3 20cmx20cm stairs - jump down a 360° spin 3 20cmx20cm stairs - jump down 15cm while doing a crank flip | - jump down 6 stairs over a handrail - grind down 3m backwards - grind down a 3m handrail - jump down 3 20cmx20cm stairs while doing a Treyflip |

Direction: Balance

| Basic | Advanced | Pro |
|---|--|--|
| - 10s still stand - ride 10m on a 10cm broad board | - 20s still stand - ride 10m on a 5cm broad board | - ride 10m on a horizontal handrail of 50cm height - mount on a horizontal handrail unassisted of 50cm height |

Direction: Basketball

| Basic | Advanced | Pro |
|---|--|---|
| - throw the ball into the basket while riding (3 tries) - dribble 20m while riding | - dribble in a figure eight - throw the ball into the basket from beyond the three-point line (3 tries) | - stand up ww towards the basket, catch a ball and throw it into the basket (3 tries) - dribble, do stand up gliding towards the basket and throw the ball into the basket |

Direction: Race

| Basic | Advanced | Pro |
|--|--|---|
| - ride 100m under 20 seconds - ride 400m under 1:30 minutes | - ride 100m under 17 seconds - ride 400m under 1:15 minutes | - ride 100m under 15 seconds - ride 400m under 1:05 minutes - ride 800m under 3 minutes |