

## Skill Levels – Prototype F

### Level 1

- \* mount unicycle unassisted
- \* ride 50 meters
- \* dismount gracefully with unicycle in front

### Level 2

- \* mount with left foot
- \* mount with right foot
- \* ride a figure eight with circle diameters smaller than 2 meters (changed to 2 meters)
- \* ride down a 15 cm vertical drop
- \* make a 90 degree turn to the left inside a 1 meter circle
- \* make a 90 degree turn to the right inside a 1 meter circle

### Level 3

- \* demonstrate 3 types of mounts
- \* come to a stop, pedal half a revolution backward and continue forward
- \* ride with the stomach on the seat for 10 meters
- \* make a 180 degree turn to the left within a 1 meter circle
- \* make a 180 degree turn to the right within a 1 meter circle
- \* hop 5 times
- \* ride or hop over a 10 x 10 cm. obstacle
- \* ride with seat out in front for 10 meters (moved up a level)
- \* ride backward for 10 meters (moved up a level)
- \* ride one footed for 10 meters (moved up a level)

### Level 4

- \* demonstrate 4 types of mounts
- \* idle with left foot down 10 times (changed from 25 to 10)
- \* idle with right foot down 10 times (changed from 25 to 10)
- \* ride with the seat out in back for 10 meters
- \* make a 360 degree turn to the left inside a 1 meter circle
- \* make a 360 degree turn to the right inside a 1 meter circle
- \* ride with seat out in front in a circle (moved up a level)
- \* ride backward in a circle (moved up a level)
- \* ride one footed in a figure eight (moved up a level)
- \* walk the wheel for 10 meters (moved up a level)

### Level 5

- \* demonstrate 5 types of mounts
- \* idle one footed with the left foot 10 times (changed from 25 to 10)
- \* idle one footed with the right foot 10 times (changed from 25 to 10)
- \* ride with the seat out in back in a circle
- \* ride with the seat on the side in a circle

- \* hop-twist 90 degrees to the left
- \* hop-twist 90 degrees to the right
- \* ride with the seat out in front in a figure eight (moved up a level)
- \* ride backward in a figure eight (moved up a level)
- \* ride one footed with the left foot for 10 meters (moved up a level)
- \* ride one footed with the right foot for 10 meters (moved up a level)

#### Level 6

- \* demonstrate 6 types of mounts
- \* ride with the seat out in back in a figure eight
- \* ride backward with the seat out in front for 10 meters
- \* hop standing on wheel 5 times
- \* ride with the seat on the side in a circle to the left
- \* ride with the seat on the side in a circle to the right
- \* backspin
- \* frontspin
- \* spin
- \* ride one footed with the left foot in a circle (moved up a level)
- \* ride one footed with the right foot in a circle (moved up a level)
- \* walk the wheel in a circle (moved up a level)
- \* walk the wheel one footed for 10 meters (moved up a level)

#### Level 7

- \* demonstrate 7 types of mounts
- \* ride backward with the seat out in front in a circle
- \* hop-twist 180 degrees to the left
- \* hop-twist 180 degrees to the right
- \* ride backward with the seat out in back for 10 meters
- \* spin to the left
- \* spin to the right
- \* ride one footed with the left foot in a figure eight (moved up a level)
- \* ride one footed with the right foot in a figure eight (moved up a level)
- \* ride backward one footed for 10 meters (moved up a level)
- \* walk the wheel in a figure eight (moved up a level)
- \* walk the wheel one footed in a circle (moved up a level)
- \* glide for 10 meters (moved up a level)

#### Level 8

- \* demonstrate 8 types of mounts
- \* hand wheel walk for 10 meters
- \* pirouette
- \* backward spin
- \* koosh-koosh for 10 meters (new skill)
- \* cross-over in a circle (new skill)
- \* ride backward one footed in a circle (moved up a level)

- \* ride backward one footed with the left foot for 10 meters (moved up a level)
- \* ride backward one footed with the right foot for 10 meters (moved up a level)
- \* walk the wheel one footed in a figure eight (moved up a level)

#### Level 9

- \* demonstrate 9 types of mounts
- \* ride backward with the seat out in front in a figure eight
- \* ride backward with the seat out in back in a circle
- \* walk the wheel one footed with the left foot for 10 meters
- \* walk the wheel one footed with the right foot for 10 meters
- \* walk the wheel backward for 10 meters
- \* drag seat in front for 10 meters
- \* drag seat in back for 10 meters
- \* one footed with the seat out in front for 10 meters
- \* backward pirouette
- \* 180 uni spin (moved up a level)
- \* stand up wheel walk for 10 meters (new skill)
- \* ride backward one footed in a figure eight (moved up a level)

#### Level 10

- \* demonstrate 10 types of mounts
- \* ride backward with the seat out in back in a figure eight
- \* walk the wheel one footed with the left foot in a circle
- \* walk the wheel one footed with the right foot in a circle
- \* walk the wheel backward in a circle
- \* 360 uni spin (new skill)
- \* sideways wheel walk for 10 meters
- \* coast for 10 meters
- \* side ride for 10 meters
- \* walk the wheel one footed backward for 10 meters
- \* stand up koosh-koosh for 10 meters (new skill)
- \* stand up glide for 10 meters (new skill)
- \* drag seat in front backwards for 10 meters (new skill)
- \* drag seat in back backwards for 10 meters (new skill)