

## Freestyle Skill Levels III

### Base Levels

#### Freestyle Level 1:

- Mount – 1 Beginner Mount
- WW – Wheel Walk 10 revs (ride --> ww 10 rev. --> ride)
- 1ft – 1ft 10 revs (ride --> 1ft 10 rev. --> ride)  
– 1ft Idling 10 times (fix the position -- not turn)
- Seat Out – Riding Seat in front 10 revs
- Spin – Ride in a medium circle about 3m in diameter for 1 min. with fluid motion, without fall down (direction open to the rider)

#### Freestyle Level 2:

- Mount – 2 Beginner Mounts
- WW – 1ft Wheel Walk 10 revs
- Seat Out – Riding Seat in back 10 revs
- 1ft – 1ft figure-8
- Spin – Ride in a small circle about 1m in diameter for 1 min. with fluid motion, without fall down (direction open to the rider)

#### Freestyle Level 3:

- Mount – 3 Beginner Mounts
- WW – Wheel Walk a circle min 3m/max5m in diameter
- Ride – Riding in a circle bwd
- Gliding – get pulled in gliding 10 revs.  
– 1ft circle
- Seat Out – Seat-on-side circle
- Ride – Riding a slalom around 10 cones in a row, cone-distance: ~ 90cm
- Spin – Ride in a small circle about 1m in diameter 40 rotations. in 1 min. with fluid motion, without fall down (direction open to the rider)

#### Freestyle Level 4:

- Mount – 1 Advanced Mount
- Count – Hop 10 times (Seat in)
- Stand up – (1ft) Wheel Walk to Stand up Wheel Walk (freehanded)
- Gliding – Gliding min. 10 revs
- Stand up – Stand up Wheel Walk 5 revs
- WW – Kosh-Kosh 8 revs
- Ride – Backturn
- Spin – Ride in a small circle about 1m in diameter: 50 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)

#### Freestyle Level 5:

- Mount – 2 Advanced Mounts  
– Seat in front hopping 10 times
- Stand up – Stand up Kosh-Kosh 8 revs
- Seat Out – Drag Seat in front 10 revs
- 1ft – Cross-Over 10 revs
- Ride – Frontturn
- Gliding – Gliding with 180° Tipspin to Wheel Walk
- Spin – Ride in a small circle about 1m in diameter 60 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)
- Stand up – get pulled in Stand up gliding 10 revs.

#### Freestyle Level 6

- Mount – 3 Advanced Mounts

- Hopping on Wheel 10 times (no transition in)
- Stand up – Stand up Gliding 10 revs
- 180° Hoptwist (while riding)
- Stand up – Stand up Seat on side Wheel Walk
- Seat Out – Drag Seat in back
- Seat Out – Seat on Side Spin 5 revs
- Gliding – Gliding with 360° Tipspin to Wheel Walk
- Spin – Ride in a small circle about 0.8m in diameter 70 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)

### **Freestyle Level 7**

- Mount – 4 Advanced Mounts
- Stand up – Gliding to Stand up Gliding (freehanded)
- 90° Unispin (Seat in front Hopping to Hopping on Wheel)
- Spin – Ride a big circle bwd about 5m in diameter for 30 sec. with fluid motion, without fall down
- Spin – Ride in a small circle about 0.8m in diameter 80 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)

### **Freestyle Level 8**

- Mount – 1 Intermediate Mounts
- Gliding – Coasting 10 revs
- WW – Hand Walk 8 revs
- Seat Out – Drag Seat in front backwards 10 revs
- 180° Unispin
- Spin – 1ft spin 10 rts.
- Spin – Ride in a small circle bwd about 1m in diameter for 30 sec. with fluid motion, without fall down (direction open to the rider)
- Spin – spin 90 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)
- Spin – Pirouette 3 rts

### **Freestyle Level 9**

- Mount – 2 Intermediate Mounts
- WW – Sideways Wheel Walk 8 revs
- Seat Out – Drag Seat in back backwards 10 revs
- Hopping on Wheel 180° Unispin
- Spin – toe point spin 5 rts.
- Spin – 1ft spin ext. 5 rts. (about 1m in a diameter)
- Spin – ride in a small circle bwd about 1m in diameter 20 rts. in 30 sec. with fluid motion, without fall down
- Spin – spin 100 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)

### **Freestyle Level 10**

- Mount – 3 Intermediate Mounts
- Stand up – Stand up Gliding Pirouette 1 rev
- Side Ride 10 revs
- Stand up – Stand up Gliding Bwd 5 rev.
- 360° Unispin
- Spin – Backwards Spin 40 rts. in 30 sec. with fluid motion, without fall down
- Spin – spin 120 rts. in 1 min. with fluid motion, without fall down (direction open to the rider)
- Spin – Backwards Pirouette 3 rts

You can arrange the time for spin. -> 2 min, 1min, 30sec.  
spin 75 rev. in 30 sec.  
spin 45 rev. in 15 sec.

spin bwd 15 rev. in 20 sec.  
spin bwd 15 rev. in 15 sec.  
spin bwd 20 rev. in 10 sec.

In Japan, some top class freestyle teams are taking the 1 hour spin for every training. They train spins 3 min. x 15~17 times per 1 hour with favorite music. It is arduous. But this training is easy as technic.

## **Mounts**

### **Beginner Mounts**

- Running Mount
- Side Mount
- Jump Mount
- Side Jump Mount
- Back Mounts
- Reverse Side Mount
- ...

### **Advanced Mounts**

- Kick-Up
- Jump Mount to Wheel-Walk/Seat-in-front/Seat-in-back/Wheel-Hopping
- Side Mount to Wheel-Walk/Seat-on-Side
- 180 Jump Mount
- Floor Mount
- Jump Mount to Drag Seat-in-front/ Seat-in-back
- ...

### **Intermediate Mounts**

- Jump Mount to Stand up Wheel Walk
- Kick up Mount to Wheel-Walk
- Running Mount to Stand up Gliding
- 360 unispin jump mount
- ...