

# Freestyle Skill Levels IV

## Annotations:

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

## Legend:

	Base
	Beginner
	Intermediate
	Advanced

## Levels

<b>Base Level 1</b>	
Mount	Mount
Ride	Ride 10 revs
Mount	Dismount
<b>Base Level 2</b>	
Rotations	Ride a circle
Hopping	10x Hopping
Idle	10x Idling
<b>Base Level 3</b>	
Rotations	Ride a figure-8
Ride	Ride 10 revs backwards
<b>Freestyle Level 1</b>	
Mount	1 Beginner Mount
Wheel Walk	Wheel Walk 8 revs
1ft	1ft 10 revs
Seat-out	Riding Seat in front 10 revs
<b>Freestyle Level 2</b>	
Mount	2 Beginner Mounts
Wheel Walk	1ft Wheel Walk 8 revs
Rotations	Riding a circle (diameter not larger than the basketball circle) 3 revs
Seat-out	Riding Seat in back 10 revs
<b>Freestyle Level 3</b>	
Mount	3 Beginner Mounts
Kinetic Impulse	Gliding min. 8 revs
Rotations	Riding a circle bwd 3 revs
Seat-out	Seat-on-side (circle?)

#### **Freestyle Level 4**

Mount	1 Advanced Mount
Wheel Walk	Kosh-Kosh 8 revs
Stand up	(1ft) Wheel Walk to Stand up Wheel Walk (freehanded)
Stand up	Stand up Wheel Walk 5 revs
Rotations	Backturn
Rotations	Riding a circle backwards (diameter not larger than the basketball circle) 3 revs
Rotations	Spin 10 revs

#### **Freestyle Level 5**

Mount	2 Advanced Mounts
Stand up	Stand up Kosh-Kosh 8 revs
Kinetic Impulse	Gliding with 180° Tipspin to Wheel Walk
1 ft	Cross-Over 10 revs
Rotations	Frontturn
Rotations	Spin bwd 10 revs
Rotations	Spin 30 (or 40?) secs
Seat-out	Drag Seat in front 10 revs
Hopping	Seat in front hopping 10 times

#### **Freestyle Level 6**

Mount	3 Advanced Mounts
Stand up	Stand up Seat on side Wheel Walk
Kinetic Impulse	Gliding with 360° Tipspin to Wheel Walk
Rotations	
Rotations	Spin bwd 30 (or 40?) secs
Rotations	Spin 1 min
Rotations	Seat on Side Spin 5 revs
Seat out	
Seat out	Drag Seat in back 10 revs
Hopping	180° Hoptwist (while riding)
Hopping	Hopping on Wheel 10 times (no transition in)

#### **Freestyle Level 7**

Mount	1 Intermediate Mount
Kinetic Impulse	Gliding to Stand up Gliding (freehanded)
Stand up	
Kinetic Impulse	Stand up Gliding 5 revs
Stand up	
Rotations	Spin backwards 1 min
Hopping	90° Unispin (Seat in front Hopping to Hopping on Wheel)

#### **Freestyle Level 8**

Mount	2 Intermediate Mounts
Kinetic Impulse	Coasting 10 revs
Rotations	Pirouette 2 revs
Hopping	180° Unispin

## Freestyle Level 9

Mount	3 Intermediate Mounts
Kinetic Impulse Stand up	Stand up Coasting 5 revs
Kinetic Impulse Stand up Rotations	Stand up Gliding Pirouette
Rotations	Pirouette bwd 2 revs
Hopping	Hopping on Wheel 180° Unispin
Hopping	360° Unispin

## 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
- Mount to 1ft/Seat-in-front
- ...

### Intermediate Mounts

- Jump Mount to Stand up Wheel Walk
- Kick up Mount to Wheel-Walk
- ...

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1) Please send in ideas for further mounts, probably assign the relevant category.

Thank you very much!