

## Skill Level Prototypes 2011/05/02

Annotation:

- The changes between Freestyle IV and VI are marginal and are highlighted with yellow background color.
- The mounts can be found below the list

Level	Extreme-III	Freestyle-IV	Freestyle-V	Freestyle-VI	Prototype-F	Level*
Base-1	- Mount - Ride 10 revs - Dismount				- mount unicycle unassisted - ride 50 meters - dismount gracefully with unicycle in front	1
Base-2	- Ride a circle - 10x Hopping - 10x Idling				- 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	2
Base-3	- Ride a figure-8 - Ride 10 revs backwards				- 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	3

			<ul style="list-style-type: none"> <li>- ride or hop over a 10 x 10 cm. obstacle</li> <li>- ride with seat out in front for 10 meters (moved up a level)</li> <li>- ride backward for 10 meters (moved up a level)</li> <li>- ride one footed for 10 meters (moved up a level)</li> </ul>	
1	<ul style="list-style-type: none"> <li>- Seat out Hopping</li> <li>- Wheel Hopping</li> <li>- Rolling Hop</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Beginner Mount</li> <li>- Wheel Walk 8 revs</li> <li>- 1ft 10 revs</li> <li>- Riding Seat in front 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- demonstrate 4 types of mounts</li> <li>- idle with left foot down 10 times (changed from 25 to 10)</li> <li>- idle with right foot down 10 times (changed from 25 to 10)</li> <li>- ride with the seat out in back for 10 meters</li> <li>- make a 360 degree turn to the left inside a 1 meter circle</li> <li>- make a 360 degree turn to the right inside a 1 meter circle</li> <li>- ride with seat out in front in a circle (moved up a level)</li> <li>- ride backward in a circle (moved up a level)</li> <li>- ride one footed in a figure eight (moved up a level)</li> <li>- walk the wheel for 10 meters (moved up a level)</li> </ul>	4
2	<ul style="list-style-type: none"> <li>- 180 Unispin Mount</li> <li>- 180 Hoptwist</li> <li>- Leg Wrap</li> <li>- Tire Grab</li> <li>- Footplant</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Beginner Mounts</li> <li>- 1ft Wheel Walk 8 revs</li> <li>- Riding a circle (diameter not larger than the basketball circle) 3 revs</li> <li>- Riding Seat in back 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- demonstrate 5 types of mounts</li> <li>- idle one footed with the left foot 10 times (changed from 25 to 10)</li> <li>- idle one footed with the right foot 10 times (changed from 25 to 10)</li> <li>- ride with the seat out in back in a circle</li> <li>- ride with the seat on the side in a circle</li> </ul>	5

					<ul style="list-style-type: none"> <li>- hop-twist 90 degrees to the left</li> <li>- hop-twist 90 degrees to the right</li> <li>- ride with the seat out in front in a figure eight (moved up a level)</li> <li>- ride backward in a figure eight (moved up a level)</li> <li>- ride one footed with the left foot for 10 meters (moved up a level)</li> <li>- ride one footed with the right foot for 10 meters (moved up a level)</li> </ul>	
3	<ul style="list-style-type: none"> <li>- 180 Unispin</li> <li>- 90 Unispin</li> <li>- 180 Unispin in Hopping on Wheel</li> <li>- Pedal/Crank stall (grab)</li> <li>- 180 Hoptwist</li> <li>- Crankidle</li> </ul>	<ul style="list-style-type: none"> <li>- 3 Beginner Mounts</li> <li>- Gliding min. 8 revs</li> <li>- Riding a circle bwd 3 revs</li> <li>- Seat-on-side (circle?)</li> </ul>	<ul style="list-style-type: none"> <li>- 3 Beginner Mounts</li> <li>- Gliding min. 8 revs</li> <li>- Riding a circle bwd 3 revs</li> <li>- Seat-on-side (circle?)</li> <li>- Spin 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- 3 Beginner Mounts</li> <li>- Gliding min. 8 revs</li> <li>- Riding a circle bwd 3 revs</li> <li>- Seat-on-side (circle?)</li> </ul>	<ul style="list-style-type: none"> <li>- demonstrate 6 types of mounts</li> <li>- ride with the seat out in back in a figure eight</li> <li>- ride backward with the seat out in front for 10 meters</li> <li>- hop standing on wheel 5 times</li> <li>- ride with the seat on the side in a circle to the left</li> <li>- ride with the seat on the side in a circle to the right</li> <li>- backspin</li> <li>- frontspin</li> <li>- spin</li> <li>- ride one footed with the left foot in a circle (moved up a level)</li> <li>- ride one footed with the right foot in a circle (moved up a level)</li> <li>- walk the wheel in a circle (moved up a level)</li> <li>- walk the wheel one footed for 10 meters (moved up a level)</li> </ul>	6
4	<ul style="list-style-type: none"> <li>- Crankflip</li> <li>- Back Crankflip</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Advanced Mount</li> <li>- Kosh-Kosh 8 revs</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Advanced Mount</li> <li>- Kosh-Kosh 8 revs</li> </ul>		<ul style="list-style-type: none"> <li>- demonstrate 7 types of mounts</li> <li>- ride backward with the seat out in front</li> </ul>	7

	<ul style="list-style-type: none"> <li>- 270 Unispin</li> <li>- 360 Unispin</li> <li>- Seat Wrap</li> <li>- Push mush</li> </ul>	<ul style="list-style-type: none"> <li>- (1ft) Wheel Walk to Stand up Wheel Walk freehanded</li> <li>- Stand up Wheel Walk 5 revs</li> <li>- Backturn</li> <li>- Riding a circle backwards (diameter not larger than the basketball circle) 3 revs</li> <li>- Spin 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- (1ft) Wheel Walk to Stand up Wheel Walk freehanded</li> <li>- Stand up Wheel Walk 5 revs</li> <li>- Backturn</li> <li>- Seat in front Hopping 10 times</li> </ul>	<ul style="list-style-type: none"> <li>in a circle</li> <li>- hop-twist 180 degrees to the left</li> <li>- hop-twist 180 degrees to the right</li> <li>- ride backward with the seat out in back for 10 meters</li> <li>- spin to the left</li> <li>- spin to the right</li> <li>- ride one footed with the left foot in a figure eight (moved up a level)</li> <li>- ride one footed with the right foot in a figure eight (moved up a level)</li> <li>- ride backward one footed for 10 meters (moved up a level)</li> <li>- walk the wheel in a figure eight (moved up a level)</li> <li>- walk the wheel one footed in a circle (moved up a level)</li> <li>- glide for 10 meters (moved up a level)</li> </ul>		
5	<ul style="list-style-type: none"> <li>- 180 Crankflip</li> <li>- 180 Back Crankflip</li> <li>- Backroll</li> <li>- Rolling Wrap</li> <li>- Grind (Rolling Crank/Pedal Grab, Slide, Hop off)</li> <li>- 360 Hoptwist</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Advanced Mounts</li> <li>- Stand up Kosh-Kosh 8 revs</li> <li>- Gliding with 180 Tipspin to Wheel Walk</li> <li>- Cross-Over 10 revs</li> <li>- Frontturn</li> <li>- Spin bwd 10 revs</li> <li>- Spin 30 (or 40?) seconds</li> <li>- Drag Seat in front 10 revs</li> <li>- Seat in front Hopping 10 times</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Advanced Mounts</li> <li>- Stand up Kosh-Kosh 8 revs</li> <li>- Gliding with 180 Tipspin to Wheel Walk</li> <li>- Cross-Over 10 revs</li> <li>- Frontturn</li> <li>- Spin 30 (or 40?) seconds</li> <li>- Drag Seat in front 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Advanced Mounts</li> <li>- Stand up Kosh-Kosh 8 revs</li> <li>- Gliding with 180 Tipspin to Wheel Walk</li> <li>- Cross-Over 10 revs</li> <li>- Frontturn</li> <li>- Drag Seat in front 10 revs</li> </ul>	<ul style="list-style-type: none"> <li>- demonstrate 8 types of mounts</li> <li>- hand wheel walk for 10 meters</li> <li>- pirouette</li> <li>- backward spin</li> <li>- koosh-koosh for 10 meters (new skill)</li> <li>- cross-over in a circle (new skill)</li> <li>- ride backward one footed in a circle (moved up a level)</li> <li>- ride backward one footed with the left foot for 10 meters (moved up a level)</li> <li>- ride backward one footed with the right foot for 10 meters (moved up a level)</li> <li>- walk the wheel one footed in a figure eight (moved up a level)</li> </ul>	8
6	<ul style="list-style-type: none"> <li>- Hickflip</li> </ul>	<ul style="list-style-type: none"> <li>- 3 Advanced Mounts</li> </ul>	<ul style="list-style-type: none"> <li>- 3 Advanced Mounts</li> </ul>		<ul style="list-style-type: none"> <li>- demonstrate 9 types of mounts</li> </ul>	9

	<ul style="list-style-type: none"> <li>- Rolling wrap to back roll</li> <li>- Outside roll</li> <li>- Sexchange (Crankflip + 180 Bodyvarial)</li> <li>- 540 Unispin</li> <li>- Lateflip</li> <li>- Outflip</li> <li>- Side Jump</li> </ul>	<ul style="list-style-type: none"> <li>- Stand up Seat on Side Wheel Walk</li> <li>- Gliding with 360° Tipspin to Wheel Walk</li> <li>- Spin bwd 30 (or 40?) seconds</li> <li>- Spin 1 min</li> <li>- Seat on Side Spin 5 revs</li> <li>- Drag Seat in back 10 revs</li> <li>-180° Hoptwist (while Riding)</li> <li>- Hopping on Wheel 10 times (no transition in)</li> </ul>	<ul style="list-style-type: none"> <li>- Stand up Seat on Side Wheel Walk</li> <li>- Gliding with 360° Tipspin to Wheel Walk</li> <li>- Seat on Side Spin 5 revs</li> <li>- Drag Seat in back 10 revs</li> <li>-180° Hoptwist (while Riding)</li> <li>- Hopping on Wheel 10 times (no transition in)</li> </ul>	<ul style="list-style-type: none"> <li>- ride backward with the seat out in front in a figure eight</li> <li>- ride backward with the seat out in back in a circle</li> <li>- walk the wheel one footed with the left foot for 10 meters</li> <li>- walk the wheel one footed with the right foot for 10 meters</li> <li>- walk the wheel backward for 10 meters</li> <li>- drag seat in front for 10 meters</li> <li>- drag seat in back for 10 meters</li> <li>- one footed with the seat out in front for 10 meters</li> <li>- backward pirouette</li> <li>-180 uni spin (moved up a level)</li> <li>- stand up wheel walk for 10 meters (new skill)</li> <li>- ride backward one footed in a figure eight (moved up a level)</li> </ul>	
7	<ul style="list-style-type: none"> <li>- Varialflip (Inward Varialflip)</li> <li>- Doubleflip</li> <li>- Trey Flip</li> <li>- Varial roll</li> <li>- 360 Sidespin</li> <li>- 180 Lateflip</li> <li>- Side roll</li> <li>- 360 Unispin in Hopping on Wheel</li> <li>- Backroll Flip</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Intermediate Mount</li> <li>- Gliding to Stand up Gliding freehanded</li> <li>- Stand up Gliding 5 revs</li> <li>- Spin backwards 1 min</li> <li>- 90° Unispin (Seat in front Hopping to Hopping on Wheel)</li> </ul>	<ul style="list-style-type: none"> <li>- 1 Intermediate Mount</li> <li>- Gliding to Stand up Gliding freehanded</li> <li>- Stand up Gliding 5 revs</li> <li>- Spin 1 min</li> <li>- 90° Unispin (Seat in front Hopping to Hopping on Wheel)</li> </ul>	<ul style="list-style-type: none"> <li>- demonstrate 10 types of mounts</li> <li>- ride backward with the seat out in back in a figure eight</li> <li>- walk the wheel one footed with the left foot in a circle</li> <li>- walk the wheel one footed with the right foot in a circle</li> <li>- walk the wheel backward in a circle</li> <li>- 360 uni spin (new skill)</li> <li>- sideways wheel walk for 10 meters</li> <li>- coast for 10 meters</li> <li>- side ride for 10 meters</li> <li>- walk the wheel one footed backward for 10 meters</li> <li>- stand up koosh-koosh for 10 meters (new</li> </ul>	10

				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)	
8	- 180 Doubleflip - 360 Lateflip - Double Back Crankflip - Varial roll to Outsideroll - Inward Varial roll - Treybackflip	- 2 Intermediate Mounts - Coasting 10 revs - Pirouette min. 2 revs - 180° Unispin			
9	- Full Varial Flip (or Inward Bigflip) - Hick Doubleflip - Treysideflip - 540 Sidespin - Fifth Flip	- 3 Intermediate Mounts - Stand up Coasting 5 revs - Stand up Gliding Pirouette - Pirouette bwd 2 revs - Hopping on Wheel 180° Unispin - 360 Unispin	- 3 Intermediate Mounts - Stand up Coasting 5 revs - Stand up Gliding Pirouette - Hopping on Wheel 180° Unispin - 360 Unispin		

## Mounts

### Beginner Mounts

- Running Mount
- Side Mount
- Jump Mount
- Side Jump Mount
- Back Mount

- 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
- ...