

## **Advance Phase 1 (Guts and Glory)**

- **Forward Long Jump**
- **Forward High Jump**
- **Forward Side Jump**
- **Forward 180 Jump**
- **Fakie side Jump**
- **Fakie 180 Jump**
- **Forward 360 Jump**
- **Fakie 360 Jump**

## **Advance Phase 2**

- **Crisscross Forward**
  - **Crisscross Backward**
  - **Alternating Crisscross Forward**
  - **Backward Snake Glide**
  - **Backward Snake Slalom**
  - **Backward Swizzle**
  - **Backward Crossover**
  - **Introduction to Elite Level (Pro) Specializing**
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- Three horizontal red bars of varying lengths are located at the bottom left of the page.