

1 low, 1 high rolling

1 low, 1 medium, 1 high rolling

back flip

back flip off wall

backward breakfall (seated, squatting, standing)

barrel roll (lying, kneeling, & shizen den style)

cartwheel (oten)

corkscrew

flagstand

forward breakfall (jujutsu style)

forward breakfall (hands tied variety) (kneeling & standing)

forward breakfall (kneeling, squatting, & standing (Bujinkan style))

front flip (kuten)

handstand

handstand pushups

jump onto a wall surface then front roll

jumping splits

kick up

kiten (handspring)

koho kaiten (back roll)

koho kaiten flick legs to land on both feet

koho kiten (back handspring, & multiples)

mid air barrell roll, landing on feet

multiple stationary back handsprings

no handed cartwheel, landing in splits

partial back handspring, then return forward

planche push-ups

round off

round off, back flip

round off, back handspring

running along a wall

running forward back flip (as off an edge)

shiho tobi

shinki waza (samurai walking) (change directions, 1 spin, full spin, backwards, multiple spins, only spin:

shizen den sokuho kaiten (side roll)

shizen den zenpo/sokuho kaiten (front to side roll)

side flip & land on 1 leg, other outstretched

side flip

sideways breakfall (kneeling, squatting, & standing)

sokuho kaiten (side roll) (& leaping)

standing verticle splits while holding your foot, then swing foot behind you & flip

straight body spinning front flip

swing around legs (as on a gym horse)

tread style 2 person rolling

walking handstand

yoko nagare koho kaiten (rear roll)

yoko nagare (leg in front) (side flowing drop)

yoko nagare (leg in rear) (side flowing drop)

zenpo hicho kaiten (for both height and distance)

zenpo kaiten (front roll)

zenpo kaiten onto both feet at once

zenpo kaiten with turning using wrist

zz All previous (around obstacles)

zz All previous (doubles, before feet touch the floor)

zz All previous (from one height to another)

zz All previous (holding a weapon)

zz All previous (in different environments)

zz All previous (kick object while flipping)

- zz All previous (multiples + combinations)
- zz All previous (off your head, instead of your hands)
- zz All previous (on balance beam/rope)
- zz All previous (on hills, up/down/sideways)
- zz All previous (one footed)
- zz All previous (over objects & people)
- zz All previous (picking up a glass of water)
- zz All previous (picking up a weapon)
- zz All previous (piked)

zz All previous (ryote, katate, mute)

- zz All previous (short/long/narrow)
- zz All previous (silently)
- zz All previous (straight bodies)
- zz All previous (through objects)
- zz All previous (twist to face opposite direction)
- zz All previous (under objects)
- zz All previous (with finger touching the wall)