

Freestyle Skill Levels II

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:

- Beginner
- Intermediate
- Advanced

Levels

Base Levels

Freestyle Level 1:

- 1 Beginner Mount
- Wheel Walk 8 revs
- 1ft 10 revs
- Riding Seat in front 10 revs

Freestyle Level 2:

- 2 Beginner Mounts
- Riding a circle (diameter not larger than the basketball circle) 3 revs
- 1ft Wheel Walk 8 revs
- Riding Seat in back 10 revs

Freestyle Level 3:

- 3 Beginner Mounts
- Riding a circle bwd
- Gliding min. 8 revs
- Seat-on-side (circle?)
- Riding a slalom around 10 cones in a row, cone-distance: ~2m

Freestyle Level 4:

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

Freestyle Level 5:

- 2 Advanced Mounts
- Seat in front hopping 10 times
- Stand up Kosh-Kosh 8 revs
- Drag Seat in front 10 revs
- Cross-Over 10 revs
- Frontturn
- Gliding with 180° Tipspin to Wheel Walk

Freestyle Level 6

- 3 Advanced Mounts
- Hopping on Wheel 10 times (no transition in)
- Spin 10 revs
- 180° Hoptwist (while riding)
- Stand up Seat on side Wheel Walk
- Drag Seat in back
- Seat on Side Spin 5 revs
- Gliding with 360° Tipspin to Wheel Walk

Freestyle Level 7

- 4 Advanced Mounts
- Spin backwards 5 revs
- Gliding to Stand up Gliding (freehanded)
- Stand up Gliding 5 revs
- 90° Unispin (Seat in front Hopping to Hopping on Wheel)

Freestyle Level 8

- 1 Intermediate Mounts
- Coasting 10 revs
- Spin backwards 10 revs
- Drag Seat in front backwards 10 revs
- 180° Unispin

Freestyle Level 9

- 2 Intermediate Mounts
- Pirouette 2 revs
- Drag Seat in back backwards 10 revs
- Hopping on Wheel 180° Unispin

Freestyle Level 10

- 3 Intermediate Mounts
- Stand up Gliding Pirouette 1 rev
- Backwards Pirouette 2 revs
- Stand up Coasting 5 revs
- 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 Einbein/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 difficulty. It may happen that this will be reassigned. It may also happen that the mount gets rejected if it is too special.

Thank you very much!