

Freestyle Skill Levels VII

Annotations:

- For circles, if not other stated: direction and diameter is up to the rider.
- Mounts are below

Legend:

Base

- Beginner
- Intermediate
- Advanced

Levels

Base Level 1

- Mount Mount
- Ride 10 revs Riding
- Dismount Mount

Base Level 2

- Ride a circle Rotations
- 10x Hopping Hopping
- 10x Idling Idling

Base Level 3

- Ride a figure-8 Rotations
- Ride 10 revs backwards Riding

Freestyle Level 1

- 1 Beginner Mount Mount
- Wheel Walk Wheel Walk
- 1ft 1ft
- Ride Seat out Seat out

Freestyle Level 2

- 2 Beginner Mounts Mount
- 1ft Wheel Walk Wheel Walk
- Ride a circle 3 revs (max. diameter = basketball circle) Rotations
- Ride Seat in back Seat out

Freestyle Level 3

- 3 Beginner Mounts Mount
- Gliding Gliding
- Ride a circle bwd 3 revs Rotations
- Spin 10 revs Spin
- Seat-on-side (circle?) Seat out

Freestyle Level 4

- 1 Advanced Mount Mount
- Kosh-Kosh Wheel Walk
- (1ft) Wheel Walk to Standwalk frh Stand up
- Standwalk Stand up, Wheel Walk
- Backturn Twist
- Hopping Seat out 10 times Hopping

Freestyle Level 5

- 2 Advanced Mounts Mount
- Stand Kosh-Kosh Stand up, Wheel Walk
- Gliding with 180° Tipspin to Wheel Walk Gliding, Twist, Wheel Walk
- Frontturn Twist
- Spin 40 revs Spin
- Drag Seat Seat out
- Aerial Hopping

Freestyle Level 6

- 3 Advanced Mounts Mount
- Gliding to Standgliding frh Gliding, Stand up
- Standgliding Gliding, Stand up
- Seat-on-side Spin Seat out, Spin
- Wheelhopping Hopping
- 180° Hoptwist frh Hopping, Twist

Freestyle Level 7

- 1 Intermediate Mount Mount
- Standsidewalk Stand up, Wheel Walk
- Cross-Over 1ft
- Drag Seat in-back Seat out
- 90° Unispin Unispin

Freestyle Level 8

- 2 Intermediate Mounts Mount
- Coasting Coasting
- Pirouette 2 revs Twist
- 180° Unispin Unispin

Freestyle Level 9

- Intermediate Mounts Mount
- Standcoasting Stand up, Coasting
- Standgliding Pirouette Stand up, Gliding, Twist
- 360° Unispin Unispin
- Wheelhopping 180° Unispin 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
- ...

Recommendations for Skill Execution Length

The skills are tested on their performance quality. Thus a specific length is not given above, but here are some recommendations for you, if you are still looking for some length (Unit is revolutions):

Wheel Walk: 4

1ft: 5

Riding Seat out: 7

1ft Wheel Walk: 5

Gliding: 5

Standwalk: 4

Kosh-Kosh: 4

Stand up Kosh-Kosh: 4

Drag Seat in-front: 6

Cross-Over: 8

Drag Seat in-back: 6

Standgliding: 4

Coasting: 5

Hand Walk: 3

Side Ride: 8

Standcoasting: 4

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

Thank you very much!