## DEEP SOUTH SPIRIT SCHOOL STUNT PROGRESSIONS

Non-Released	<ul><li>Braced non-released</li></ul>	<ul><li>Inverted stunts to</li></ul>	•Inverted stunts involving	<ul><li>Inverted stunts involving</li></ul>
Transition	transitions	extended - 2 bracers	spinning to extended - 2	spinning to extended - 1
Transition	<ul><li>Inverted stunts to prep</li></ul>	<ul> <li>Advanced full up variations</li> </ul>	bracers	bracer
	level and below		<ul><li>Inverted stunts to</li></ul>	•Super elite full up
	<ul><li>Intermediate full up</li></ul>		extended - 1 bracer	variations
	variations		<ul><li>Elite full up variations</li></ul>	<ul><li>Single base elite / super</li></ul>
			<ul> <li>Single base advanced full</li> </ul>	elite full up variations
			up variations	·
Released	•Released transition to any	<ul> <li>Released transition landing</li> </ul>	<ul><li>Released transition</li></ul>	<ul><li>Released transition to</li></ul>
Transition	level with 2 bracers	extended with 1 bracer	involving spinning or	extended involving spinning
TTalisition	<ul> <li>Released transition to prep</li> </ul>	<ul><li>Braced inverted stunts</li></ul>	inversion that land	/ inversions with 1 bracer
	or below with 1 bracer	released to prep level and	extended with 2 bracers	<ul><li>Unbraced spinning release</li></ul>
	<ul><li>Switch up landing</li></ul>	below	<ul> <li>Unbraced releases landing</li> </ul>	landing extended
	extended - braced or		extended	-
	unbraced			
Braced	<ul> <li>Flipping transition landing</li> </ul>	<ul> <li>Flipping transition landing</li> </ul>	<ul> <li>Flipping transition landing</li> </ul>	<ul> <li>Flipping transition starting</li> </ul>
Roll/Flip	below prep level	at prep level	extended	at prep or above, landing
Kon/Fnp	•Rolling transition to prep	•1/2 twisting flipping	$\bullet 1/2$ twisting flipping	extended
	and below	transition landing below	transition landing at prep	•1/2 twist flipping
		prep level	level	transition landing extended
		•Rolling transition to	<ul><li>Rolling transition to</li></ul>	<ul> <li>Flipping transition landing</li> </ul>
		extended position - 2	extended position - 1 bracer	
		bracers	1	bases