

| Adult Trapeze | Adult Silks |
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| Level 2 | Level 2 |
| Straddle under the bar, no feet, straight back | French & Russian Climb to the top of the silk, with controlled descent |
| 15 second double kneehang hold | Invert in the air (beats OK); hold straddle and descend with control |
| 10 second floating tuck on ropes | Catcher's lock from the ground |
| Pullover to catchers (using feet ok) | Enter and exit crossback smoothly (invert not necessary) |
| Backstar (butt hang) | Fan kick hip key from ground |
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| Level 3 (in addition to the above) | Level 3 (in addition to the above) |
| Pullover to 10 second front balance (no feet, no hands) | 3 consecutive French climbs without touching ground |
| Single knee hang switches | Crossback straddle with invert from dancer footlocks |
| Handstand from fishhook or iron cross from standing | 2 consecutive windmills (with control, diamond or frog legs ok) |
| Flip or pike to sit, flip or pike to stand (front and back) | Side saddle climb or straddle climb to top |
| 1 forward or back hip circle | Sequence (no breaks): climb of choice halfway up, rebecca split or stag, fan kick hip key, catchers |
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| Adult Lyra | Adult Tumbling |
| Level 2 | Level 2 |
| Straddle under the bar, no feet, straight back | Hurdle into cartwheel with straight, vertical legs |
| 15-second secure double knee hang | Half bridge at the wall |
| Beat to sit (from hanging) | Handstand – 30 sec. against the wall |
| Pullover to jellyfish/double hip hang (using feet ok) | Handstand flatback onto mat |
| Back star (butthang/straddle back) | |
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| Level 3 (in addition to the above) | Level 3 (in addition to the above) |
| Pullover to 10-second front balance (no feet, no hands) | Round off rebound |
| Knee hang beats with full extension | Front or back walkover or limber |
| Single knee hang switches | Dive cartwheel |
| Dragonfly/mayfly (crab/pike over one arm) on top bar | Back handspring over octagon |
| Pixie (single knee on spanset) | |