

Circle escape or reversal you know and put level of achievement for each 5 excellent 1 do not know

Escape or reversal

Level want to learn check

Stand up		
Standing Switch		
Granby		
Short sit series		
Knee slide from western hook		
Knee slide from arm chop		
Post leg stand up		
Switch to hip heists		
Favorite not listed, please list		

Circle break down or pinning move you know and put level of achievement for each 5 excellent 1 do not know

Break down or pinning move

Level want to learn check

Spiral		
Tight waist		
Bar & half		
Bar & elbow hook		
Bar & half wild kingdom		
Bar & half roller coaster		
Pad lock		
Pad lock tilt		
Frankie pad lock stack		
Tight waist tilt		
Legs		
Claw series		
Two on one tilt		
Cross face cradle		
Near side cradle		
Far side cradle		
Turk		
Butcher		
Crab ride		
Favorite not listed, please list		