

# Freestyle Skydiving Moves List

## by Type and Difficulty A-D (1-10)

### Flat Poses

#### Swan A (1)

The torso is flat and straight. The legs are together and straight in the layout position.

#### Flying Stag A (1)

The torso is flat. The legs are in a stag position.

#### Tee A (1)

The torso is flat. One leg is straight and horizontal, in line with the torso. The other leg is straight and pointed downward into the relative wind. The arms are swept back in order to keep the chest flat to the wind.

#### Flat Y-Scale B (3)

The torso is flat, in a Y-Scale with one leg straight in line with torso, the second leg is straight and extended towards the side of the head. The hand on the same side holds the second leg close to the ankle.

#### Flat Penché B (3)

The torso is flat, in a Penché with legs straight and split apart as far as possible, front to back. The lower leg is extended backward from the torso, the upper leg is extended forwards. The hand on the same side as the back leg holds the back leg at the knee. The other arm is extended outward in line with the torso.

#### Oblique Stag B (4)

The torso is flat. The legs are in a stag position. The arms are extended frontwards and backwards, in line with the torso.

### Seated Poses

#### V-Seat A (1)

Sitting position. Legs are straight and together. Waist is slightly bent.

#### Straddle Seat A (1)

Sitting position. Legs are straight, horizontal and straddled apart. The waist is bent slightly.

#### Stag V-Seat A (1)

Sitting position. One leg is straight, the other is bent upwards at the knee with the toe beside the knee of the straight leg. Waist is slightly bent.

#### Half Indian Seat A (1)

Sitting position. One leg is horizontal and straight in front of the body. The other leg is bent with the foot crossed under the straight leg, with the knee out to the side such that the thigh and lower leg are nearly horizontal.

#### Lounge Seat A (2)

Reclined sitting position. Legs are straight and together. The waist is slightly bent. The hands are clasped behind the head.

#### Indian Seat A (2)

Sitting position. Legs are horizontal, with the knees apart and bent and the lower legs are crossed with one over and one under the other.

#### Toe-down V-Seat A (2)

Sitting position. V-seat with one leg bent at the knee such that the toe and lower leg is pointed straight downward into the wind.

#### Windmill A (2)

Reclined sitting position. One leg is straight, the other leg is in a turned out stag with the hand opposite the bent leg placed on the hip.

#### Teardrop A (2)

On the back in a slight seated position. The legs are extended upwards towards the sky and the torso is in a tight pike position. Both hands hold the legs near the ankles.

#### Straddle Teardrop A (2)

On the back in a slight seated position. The torso is in a tight pike position with the legs straddled apart and pointing upwards. Both hands hold the legs near the ankles.

#### Frog Seat A (2)

Sitting position. Legs in a frog position with knees bent outward and feet together in front of the knees.

#### Shrimp Track B (3)

Sitting position with torso forwards of vertical and legs nearly horizontal. Legs are extended forward in a tight pike. Arms are down and swept backwards beside the torso. Track direction is backwards.

### Inverted Poses

#### Inverted Stag A (2)

The torso is inverted. Legs are in a stag position with the straight leg in line with the torso.

#### Inverted Trackoff B (3)

The torso is inverted. Torso is straight and the legs are together. The head is back, and the arms are by the sides parallel with torso. Track direction is towards the head.

#### Inverted Tee B (3)

The torso is inverted. Torso and legs are straight. One leg is straight up, and the other is extended straight in line with the torso.

#### Inverted Y-Scale B (3)

The torso is inverted in a Y-Scale with one leg straight in line with torso, the second leg is extended straight towards the side of the head. The hand on same side holds the second leg close to the ankle.

#### Rockett Kicks B (3)

The torso is inverted. Kick a leg quickly from a horizontal into a vertical position and back.

#### Inverted Penché B (3)

The torso is inverted in a Penché with legs straight and split apart as far as possible, front to back. The upper leg is extended backwards from the torso, and the lower leg is extended forwards. The hand on the same side as the upper leg holds the leg at the knee. The other arm is extended outward in line with the torso.

## **Inverted Straddle Hold** B (3)

*The torso is inverted in a straddle with the legs straight and split apart as far as possible, from side to side. The hands hold the knees of both legs.*

## **Side Poses**

### **Side Stag Pose** B (3)

*The torso is on one side. The lower leg is in a parallel stag position, the upper leg is straight and horizontal. The lower arm is straight and extended horizontally, in line with torso, and the upper arm is extended slightly upward.*

### **Eifel** B (4)

*The torso is on one side. The lower leg is straight and horizontal, and the upper leg is extended straight upward. The lower arm is straight and extended horizontally, and the upper arm holds the upper leg near the ankle.*

### **Cleopatra** B (4)

*The torso is on one side. The upper leg is in a turned-out stag with the knee pointing straight up. The upper hand is placed on the raised knee. The lower arm is straight and extended horizontally.*

### **Pisa** B (4)

*The torso is on one side. The lower leg is straight and horizontal in line with the torso. The upper leg is extended beyond vertical towards the head. The lower arm is horizontal in line with the torso, and the upper arm is crossed past the upper leg, extended towards the lower leg.*

### **Side Y-Scale** B (4)

*The torso is on one side. The lower leg is straight and horizontal in line with the torso. The upper leg is extended beyond vertical towards the head and held by the upper arm near the ankle. The lower arm is straight and horizontal.*

### **Knife-Edge** C (5)

*The torso is on one side. Both legs are straight and together in line with the torso.*

### **Pennant** C (5)

*On side with legs in stag or knife-edge position. Lower arm is straight down into the wind, upper arm is straight up.*

### **Open Camel** C (6)

*The torso is on the side in a turned-out tee position, with one leg straight down, into the wind. The lower arm is horizontal, extended in line with the torso. The upper arm is above the torso or slightly behind it. The torso is arched and the head is looking horizontal or upwards.*

### **Stag Camel** C (6)

*The torso is on the side, as in an Open Camel, with the thigh of the lower leg pointed down into the wind, and the knee bent in an open stag position. The lower arm is horizontal, extended in line with the torso. The upper arm is above the torso or slightly behind it. The torso is arched and the head is looking horizontal or upwards.*

## **Hip-Hold Stag Camel** D (7)

*The torso is in the Stag Camel with the lower arm horizontal, extended in line with the torso. The upper arm is above the torso and bent back down at the elbow such that the hand is holding the upper hip.*

## **Dancer Camel** D (8)

*On one side in Open Camel with lower leg straight down; upper leg bent back horizontally with foot held by upper arm.*

## **Upright Poses**

### **Daffy** A (2)

*The torso is upright. The legs are as straight as possible and split evenly front and back. The shoulders face squarely towards the front leg.*

### **Knee Standup** A (2)

*The torso is upright. The legs are bent at the knee with the shins horizontal and the legs together.*

### **Straddle Knee Standup** A (2)

*The torso is upright. The legs are bent, with the knees apart and the shins horizontal.*

### **Pike Standup** B (3)

*The legs are together and straight down into the wind. The torso is bent 90° at the waist such that the upper torso is horizontal.*

### **Straddle Pike Standup** B (3)

*The legs are straddled apart and pointed downwards. The torso is bent 90° at the waist such that the upper torso is horizontal.*

### **Broken Leg Daffy** B (3)

*The body is in a Daffy or a Chinese Split with one leg bent 90° downward at the knee, and the foot pointing straight down into the wind.*

### **Kick-Up Daffy** B (3)

*The body is in a Daffy with the back leg bent upward at the knee, with the thigh still horizontal.*

### **Oblique Daffy** B (4)

*The body is in a Daffy with the shoulders rotated towards the back leg, and the arms nearly in line with the legs. The back hand is over the back knee.*

### **Daffy Hang** B (4)

*The body is in a Daffy with both arms extended straight upwards.*

### **Daffy Press** B (4)

*The body is in a Daffy with both arms straight down close to the sides of the torso, with the hands pushing flat against the wind.*

### **Daffy Hang-Press** B (4)

*The body is in a Daffy with one arm extended straight up overhead, and the other arm down close to the side of the torso.*

### **Daffy Salute** B (4)

*The body is in a Daffy with one arm extended outward to the side, and the other arm touching the head as in a salute.*

### **Stag Standup** B (4)

*The torso is upright. The legs are in a stag position.*

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- Figure 4 Standup** B (4)  
*The torso is upright. One leg is straight down, in line with the torso. The other leg is bent forward at the hip and then backward at the knee such that the shin is horizontal, facing the relative wind. The shin of the bent leg touches the inside of the straight leg above the knee of the straight leg.*
- Compass** B (4)  
*The torso is upright. One leg is straight down into the wind, in line with the torso. The other leg is straight and to the front (or side, for a turned-out Compass), raised at least to the horizontal level.*
- Dalí Standup** B (4)  
*The torso is upright. The legs are in a Dalí (double stag) position at 90° angles to one another, with each knee bent 90°.*
- Frog Standup** B (4)  
*The torso is upright. The legs are in the frog position with the knees bent and spread outward slightly, and the feet together with the feet into the wind below the torso. (The knees are not spread as far apart as in the diamond position.)*
- Toe-Cross Standup** B (4)  
*The torso is upright. The legs are straddled apart with the knees bent inwards such that the feet are crossed at the ankles. The feet are lined up below the torso.*
- Daffy Hip-Hold** C (5)  
*The torso and legs are in the Daffy position. The arms are bent with both hands placed on the hips on each side.*
- Dart Standup** C (5)  
*The torso is upright. The legs are straight and together in line with the torso, and pointed downward into the wind.*
- Straddle Standup** C (5)  
*The torso is upright. The legs are straight and straddled side to side. The waist is straight.*
- Y Standup** C (5)  
*The torso is upright, in a turned-out Compass with the torso leaned sideways away from the raised leg. The raised leg is raised as high as possible, and the raised leg and torso form a "Y" shape.*
- Prancer** C (5)  
*The torso is upright, in a standup with one knee raised as high as possible in front of the body. The high knee is bent with the shin vertical such that the foot is pointed down into the wind.*
- Helix Standup** C (5)  
*The body is in a standup with one leg straight downward, and the other leg in an open stag with the lower leg slanted sideways slightly such that the foot crosses in front of the knee of the straight leg, but without touching it.*
- Double Helix Standup** C (5)  
*The torso is vertical, with the front leg in the Helix position, and the back leg extended behind the torso and the knee bent with the foot angled upward and across towards the other side as in an Arabesque Attitude.*
- Panther Standup** C (5)  
*The body is in a standup with one leg downward, slightly forward of vertical. The other leg has the thigh parallel to the down leg, with the knee bent back such that the foot is above the level of the knee.*
- Diamond Standup** C (5)  
*The torso is upright. The legs are straddled apart at the knees, but bent at the knees with the toes pointed inward and touching each other in line beneath the torso.*
- Arabesque** C (6)  
*The torso is upright. One leg is straight down into the wind, the other leg is straight and extended behind the body at or slightly above horizontal.*
- Arabesque Attitude** C (6)  
*The body is in an Arabesque with the back leg bent at least 45° at the knee such that the foot is behind the back, and is higher than the knee.*
- Stag Arabesque** C (6)  
*The body is in an Arabesque with the lower leg bent in an open stag position.*
- Stag Arabesque Attitude** C (6)  
*Stag Arabesque with the back leg bent at least 45° at the knee.*
- Spider Standup** C (6)  
*The torso is upright. The legs are straddled outward and bent at the knees with the lower legs pointing straight down into the wind.*
- Straddle Standup Diamond Hang** C (6)  
*The body is in a straddle standup. The arms are extended over the head with the hands touching each other, and the elbows bent outwards to form a diamond shape.*
- Y-Scale Standup** D (7)  
*The torso is upright. One leg is straight down, the second leg is straight and extended upward towards the head. The hand on the same side holds the second leg near the ankle.*
- Penché** D (7)  
*The torso is upright and slightly leaning forward. The legs are split apart, front to back, as far as possible. One leg is straight down into the wind, the second leg is raised sharply to the back, with the back arm holding the back knee and pulling the leg upward towards the splits.*
- Arch-back Pyramid** D (7)  
*The torso is upright. The thighs are vertical and the legs are bent such that the lower legs are horizontal. The upper torso is arched back over the feet with the head facing upward past vertical.*
- Layback Pose** D (7)  
*The torso is upright. One leg is straight down, the second leg is bent at the knee and extended behind the body in an Arabesque Attitude. The upper torso is arched back as much as possible with the head looking upward.*
- Dancer** D (7)  
*Torso is upright. One leg is straight down, the other leg is bent back and upward at the knee, with the foot held by the arm on the same side.*

## Head-Down Poses/Moves

### Diving Frog A (2)

The torso is vertical, head down. The legs are bent with the knees apart, and the feet are together with the hands holding both feet.

### Straddle Headstand C (5)

The torso is vertical, head-down. The legs are straddled apart above the torso.

### Split Headstand C (5)

The torso is vertical, head-down. The legs are split apart, front to back above the torso.

### Diamond Headstand C (6)

The torso is vertical, head-down. The legs are straddled apart above the torso, with the legs bent inward at the knees such that the toes touch directly above the torso.

### Toe-Cross Headstand C (6)

The torso is vertical, head-down. The legs are straddled apart with the knees bent inwards such that the feet are crossed at the ankles. The feet are lined up above the torso.

### Split Kick Headstand D (7)

The torso is vertical, head-down. The legs are split apart front to back above the torso. While remaining straight, the legs quickly switch positions, coming together and crossing in line with the torso, placing first one leg in front, then the other.

### Straddle Kick Headstand D (7)

The torso is vertical, head-down. The legs quickly go from a straddle position to a layout position and back to a straddle.

### Stag Headstand D (8)

The torso is vertical, head-down. The legs are in a stag position with the straight leg in line with the torso.

### Swan Headstand D (8)

The torso is vertical, head-down. The legs are straight and together, in line with the torso in the layout position.

### Straddle Headstand Spin D (8)

The torso is vertical, head-down in a straddle headstand. The body spins around the vertical axis.

### Straddle Headstand Hoop Spin D (8)

The torso is vertical, head-down in a straddle headstand. The arms are in front of the body with the elbows apart and hands together as if to form a hoop. The body spin around the vertical axis.

### Split Headstand Spin D (8)

The torso is vertical, head-down in a split headstand. The body spins around the vertical axis.

### Straddle Headstand Arrow Spin D (8)

The torso is vertical, head-down in a straddle headstand. The arms are swept up alongside the body. The body spins around the vertical axis.

### Dipper Headstand Spin D (9)

The torso is vertical, head-down. One leg is straight and the other leg is bent back at the knee and the foot is held by the hand on the same side, with the back arched to form space between the back and the foot of the bent leg.

## Simple Rolls

### Barrel Roll A (1)

Starting flat with legs straight and together and the torso straight, roll 360°.

### Stag Roll A (1)

Starting flat in the Flying Stag, roll 360° in the stag position.

### Stag Switch Roll A (2)

From a Flying Stag on one side, roll 360° while switching legs into a Flying Stag on the other side.

### Windmill Roll B (3)

From a Windmill position, perform a 360° roll.

### Straddle Roll B (3)

Perform a 360° roll with the legs straddled apart and the waist straight.

### Y-Scale Roll B (4)

Start in Side Y-Scale, roll 360° and end in Side Y-Scale.

## Simple Turns

### Flat Dipper A (1)

The torso is flat. One leg is extended straight and flat, in line with the torso. The other leg is out to the side, turned inward and bent upward at the knee, such that the foot points towards the head, with the hand on the same side holding the foot of the bent leg. The other arm is extended overhead or to the side. The body turns around the vertical axis.

### Dipper A (1)

The torso is inverted. One leg is straight and flat, in line with the torso. The other leg is out to the side, turned with the knee inward and bent upward at the knee, such that the foot points towards the head, with the hand on the same side holding the foot of the bent leg. The other arm is extended overhead or to the side. The body turns around the vertical axis.

### Double Dipper A (1)

The torso is inverted. One leg is bent and held as in a Dipper. The second leg is in line with the torso, and bent towards the held leg to place the foot on the knee of the held leg. The body turns around the vertical axis.

### Centrifuge A (1)

The torso is inverted. One leg is straight and flat, in line with the torso. The other leg is turned outward and bent upward at the hip and downward at the knee such that the shin of the bent leg is nearly parallel to the straight leg. The knee of the bent leg is held by the hand on the same side.

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## **Pinwheel** A (2)

The torso is sideways. The legs are split apart with the upper leg backwards, and lower leg forwards. The arms are extended in opposition to the legs. The body rotates around the vertical axis either backwards or forwards.

## **Stag Pinwheel** A (2)

Perform a Pinwheel with the front leg bent in a stag position.

## **Double Stag Pinwheel** A (2)

Perform a Pinwheel with both legs bent at least 90° at the knees.

## **Beacon** A (2)

The torso is sideways. The legs are split apart with the lower leg forwards of the torso. The upper arm is holds the ankle of the lower leg. The upper leg is straight in line with the torso. The torso is straight. The body turns around the vertical axis.

## **Side Tuck Turn** A (2)

The torso is sideways, in a tuck position. The hands are holding the legs close to the chest. The body turns about the vertical axis.

## **Side Pike Turn** A (2)

The torso is sideways. The legs are piked and straight. The hands are holding the ankles. The body turns about the vertical axis.

## **Weed Wacker** A (2)

The torso is inverted. The legs are bent and straddled to the side as far as possible. The hands are close to the knees. The body turns rapidly about the vertical axis.

## **Discus** B (3)

The torso is inverted. The legs are split apart with the front/lower leg in a stag position and the back leg straight. The upper arm holds the knee of the back leg with the torso arched back. The body turns around the vertical axis towards the back.

## **Frisbee** B (3)

The torso is inverted. The legs are flat and split apart with both legs straight. The upper arm holds the knee of back leg with the torso arched back. The body turns around the vertical axis either towards the front or back.

## **Mustang** B (3)

The torso is inverted with the hips twisted sideways and the legs in a tight double stag, with the toe of the front foot on the knee of the back leg. The back hand holds the back foot, and the front hand is on the front knee. The body spins around the vertical axis.

## **Face-up Dali Spin** B (3)

The torso is inverted. The legs are flat in the Dali position with the lower leg forward and upper leg back. The upper hand holds the back/upper knee while spinning.

## **Inverted Criss-Cross Spin** B (3)

On the back, with one leg as close to horizontal as possible, and other leg raised as close to the chest as possible. Arm opposite the raised leg is extended at an equal angle in the opposite direction as the raised leg, to cross it near the knee. Other arm is extended overhead.

## **Helicopter** B (4)

The lower torso is vertical, and the upper torso is curved forwards into a flat position with the shoulders and arms horizontal overhead. The legs are straight and together. The body spins as quickly as possible around the vertical axis.

## **Helix Helicopter** B (4)

The lower torso is vertical, and the upper torso is curved forwards into a flat position with the shoulders and arms horizontal overhead. The legs are in an open stag position, with one leg straight down and the raised foot canted across the front of the straight leg at a diagonal. The body spins around the vertical axis as quickly as possible.

## **Headspin (Kaleidoscope)** B (4)

The torso is inverted. The back is arched with the head down. The body spins around the vertical axis with the head as the pivot point.

## **Oblique Knee Tuck Spin** B (4)

The torso is flat, in a tuck position. The arms are horizontal, in an oblique position, with one to the front of the body, and one to the back. The body spins around the vertical axis as rapidly as possible.

## **Skater Sit Spin** C (5)

The torso is in a seated position, with one leg extended straight forward, and the other leg bent at the knee with the knee below the level of the straight leg, and the foot under the torso. The arms are extended outward to the side. The body spins around the vertical axis.

## **Toe-Down Sit Spin** C (5)

The torso is in a seated position, with one leg extended straight forward, and the other leg bent at the knee with the toe pointing straight down. The knees are together. The body spins around the vertical axis.

## **Weathervane Spin** C (5)

(Diagonal Oblique Toe-Down Sit Spin) In a seated position, with one leg extended straight forward, and the other leg bent at the knee with the toe pointing straight down. Knees are together. The arm on the opposite side as the straight leg is extended over the leg, towards the toe. The other arm is extended straight backwards, with the shoulders rotated in the same direction as the arms.

## **Knee Spin** C (5)

The body is in a knee standup position, with the torso bent slightly forwards. The knees are close together. The arms are extended outward to the side. The body spins around the vertical axis as rapidly as possible.

## **Compressed Diamond Knee Spin** C (5)

The torso is upright. The legs are straddled but the knees are bent and the feet are together with the feet directly under the torso. The body spins around the vertical axis.

## **Twister** C (5)

The torso is upright. One leg is in a semi-seated position, under the torso. The other leg is crossed over the first leg, with the foot crossed over the knee of the lower leg. The body spins around the vertical axis.

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## Sun God Spin C (6)

The torso is upright. The legs are straddled but the knees are bent and the feet are together with the feet directly under the torso, as in the Compressed Diamond Knee Standup, but the head is tilted upward facing the sky. The body spins around the vertical axis.

## Top Spinner D (7)

From an Inverted Tee, bend the horizontal leg inward to the opposite side and hold the foot with the hand on that side. The upper leg remains vertical (e.g R leg to L side, held by L hand, with L leg upward and R hand outstretched). Spin as quickly as possible away from the outstretched arm.

## Tee Moves

### Tee Switch A (2)

Starting in a Tee on one side, scissor the legs to a Tee on the other leg while keeping both legs straight. The torso does not move, and remains on the same heading.

### Tee Swivel A (2)

Starting in a Tee on one side, move the torso upwards while rotating it 180° through a straddle position and back downwards to a Tee on the other side, facing the opposite direction. The legs remain apart and straight, and in the same plane as the torso.

### Tee Reverse A (2)

Starting in a Tee on one side, circle the legs outward, keeping them straight, while moving them into a Tee on the other side. The torso does not move, and remains on the same heading.

### Flat Camel A (2)

The body is in a Tee position. The arm on the side of the lower leg is extended horizontally overhead. The other arm is extended back toward the hip. Rotate in a flat turn.

### Stepover A (2)

From a seated position on back, bend one leg and bring the foot under the body, pushing the torso upright and forwards over the bent leg, straightening the bent leg backwards and moving the torso into a Daffy or a Tee.

### Stepdown A (2)

From an Inverted Stag, move the bent leg down and straighten it to become the bottom leg in a Tee while rotating the torso 180° towards the lower leg into the Tee.

### Sitback A (2)

From a Tee, tilt the torso upward and back while bringing the back leg downwards and forwards to end up in a seated position.

### Tee Roll B (3)

From a Tee, roll 360° in a Tee ending in a Tee on the same side.

### Snap Kick B (3)

From a Tee, kick the back leg forwards through the stag position to a Compass, bringing the torso towards vertical, then reverse the move and return the leg and torso to a Tee.

## Arabian B (4)

From a Tee, roll towards the down leg, moving the down leg outward, straddling and switching legs when the torso is inverted, and ending in a Tee on other side. The torso remains horizontal and on heading.

## Semi-Arabian B (4)

From a Tee, roll towards the down leg, moving the down leg outward and bringing the legs to a straddle position when the torso is inverted, as in an Arabian. But then bring the original down leg back into the down position when finishing the roll, to end in a Tee on the same side. The torso remains horizontal and on heading.

## Turkish Roll B (4)

From a Tee, roll away from the down leg and scissor the legs while rolling to end in Tee on the other side. The torso remains horizontal and on heading.

## Persian C (5)

From a Tee, perform an Arabian roll with a 180° heading rotation during the roll, turning towards the original down leg. End facing 180° away from the initial heading.

## Egyptian C (6)

From a Tee on one side, rotate the torso downwards towards the down leg while straddling and switching legs and ending in Tee on the other side as in an Arabian. The torso passes through a vertical head-down position midway through the roll, and ends on heading.

## Daffy Moves

### Daffy Reverse B (3)

From a Daffy, pivot the lower torso and legs 180°, passing through a straddle position, while maintaining heading to end in a Daffy on the other side.

### Daffy Switch B (3)

From a Daffy, scissor the legs straight under the body to a Daffy on other side.

### Daffy Swivel B (3)

From a Daffy, twist the upper torso 180° over the legs to end in a Daffy on other side and facing the opposite direction.

### Daffy Illusion B (3)

Starting in a Tee, rotate the torso 180° towards the back leg, while tilting it upwards and moving the lower leg upward to horizontal. The original back leg becomes the forward leg in a Daffy. (Reverse of a Daffy Inversion.)

### Daffy Inversion B (3)

(Reverse of a Daffy Illusion.) From a Daffy, turn towards the back leg, bringing it down to a Tee while the torso rotates and moves down to horizontal. Keep the front leg in place as it becomes the back leg in the Tee.

### Daffy Arabian B (4)

From a Daffy, tilt the torso downward and roll towards the forward leg while straddling, switching legs, then tilting the torso back up and ending in Daffy on other side. The torso ends on the same heading as it started on.

## Compass/Arabesque Moves

### Compass Illusion B (4)

From a Tee, rotate the torso 180° and tilt it upward to a Compass keeping the legs stationary. (Reverse of a Compass Inversion.)

### Compass Inversion B (4)

(Reverse of a Compass Illusion.) From a Compass, rotate the torso 180° towards the down leg, keeping the legs stationary, and ending with the torso horizontal in a Tee.

### Back-Up B (4)

From an Inverted Tee, push the torso and legs rigidly upwards to a Compass without bending or altering the leg position.

### Back-Down B (4)

From an Compass, lean the torso and legs rigidly backwards to an Inverted Tee without bending or altering the leg position.

### Tilt-Down B (4)

From a Compass, rotate the torso and legs rigidly forwards into a Tee without bending or altering the leg position.

### Tilt-Up B (4)

From a Tee, tilt the torso and legs rigidly upwards to a Compass without bending or altering the leg position.

### Compass Arabian C (5)

From a Compass, perform a Compass Inversion into an Arabian through a Compass Illusion back to a Compass without stopping.

### Compass Switch C (5)

From a Compass, scissor the legs into a Compass on the other leg while keeping the torso vertical and on the same heading.

### Compass Swivel C (5)

From a Compass, rotate the torso 180° away from the raised leg while lowering the raised leg to straight down and raising the other leg to horizontal into a Compass on the opposite side. Keep the legs in the same plane and end facing 180° from the starting heading.

### Compass Inward Leg Roll C (5)

From a Compass, rotate the torso toward the lower leg with a Compass Inversion through a Tee, then swing the lower leg outward up and over the raised leg and back downward while rolling and raising the torso upright, returning to the original heading in a Compass on the same side. The raised leg remains stationary while the other leg and torso rotate around it. (This is a roll in the opposite direction from a Compass Outward Leg Roll.)

### Compass Outward Leg Roll C (5)

From a Compass, swing the lower leg up and over the raised leg, rolling and rotating the torso toward the raised leg. The raised leg remains stationary while the other leg continues moving around it and back downward into a Tee and then the torso continues rotating around and upward through a Compass Illusion back to a Compass on the same leg and heading. (This is a roll in the opposite direction from a Compass Inward Leg Roll.)

### Compass Inward Standup Turn C (5)

From a Compass, bring the raised leg downward while rotating the torso 180° towards the lower leg. The moving leg passes through vertical and becomes the raised leg in Compass facing 180° from the starting heading. The lower leg remains in place.

### Compass Outward Standup Turn C (5)

From a Compass, bring the raised leg downward while rotating the torso 180° away from the lower leg. The moving leg passes through vertical and becomes the raised leg in Compass facing 180° from starting heading. The lower leg remains in place.

### Compass Inward Switch Roll C (5)

From a Compass, lean back and roll inward away from the raised leg, bringing it down and the other leg up as the roll completes in a Compass on the other side. The torso does not drop below horizontal.

### Compass Outward Switch Roll C (5)

From a Compass, lean back and roll outward around the raised leg, bringing it down and the other leg up as the roll completes in a Compass on the other side. The torso does not drop below horizontal.

### Compass Inward Straddle Roll C (5)

From a Compass, rotate the torso toward the lower leg with a Compass Inversion through a Tee, then swing the lower leg outward, keeping the legs straddled while rolling the torso upright. The original lower leg swings back downward, returning to the original heading in a Compass on the same side. (This is a roll in the opposite direction from a Compass Outward Straddle Roll.)

### Compass Outward Straddle Roll C (5)

From a Compass, swing the lower leg up and over the raised leg, rolling and rotating the torso toward the raised leg. The legs remain straddled apart as the torso rolls and the original down legs goes back down to a Compass on the same leg and heading. (This is a roll in the opposite direction from a Compass Inward Straddle Roll.)

### Stag Kick Turn C (5)

Starting in a standup position, while turning 360° perform half the rotation in a Compass and half the rotation in a Stag Standup.

### Compass Stag Kick C (5)

From a Compass, quickly bend the raised leg into a stag position and return it to a Compass.

### Compass Reverse C (6)

From a Compass, swing the raised leg outward and downward while swinging the other leg upwards and outwards, then forwards to become raised leg in a Parallel Compass on the other leg, on the same heading.

### Compass Reverse Turn C (6)

From a Compass, swing the raised leg outward and downward while turning 180° towards it, and while swinging other leg upwards and forwards to become the raised leg in a Compass on the other leg, facing 180° from starting heading.

### Arabesque Swing-Back C (6)

From a Compass, swing the raised leg outward and back into an Arabesque on the same heading. The torso remains in place. (Reverse of an Arabesque Swing-Forward.)

## Arabesque Swing-Forward C (6)

From an Arabesque, swing the back leg straight outward and forward into a Compass on the same heading. The torso remains in place. (Reverse of an Arabesque Swing-Back)

## Arabesque Illusion C (6)

From a Compass, rotate the torso 180° away from the raised leg, leaving the raised leg still and ending in an Arabesque on the opposite. The lower leg remains in place. (Reverse of an Arabesque Inversion.)

## Arabesque Inversion C (6)

(Reverse of an Arabesque Illusion.) From an Arabesque, rotate the torso 180° towards the raised leg, leaving the raised leg still and ending in a Compass on the opposite heading. The lower leg remains in place.

## Compass Inward Layout Roll C (6)

From a Compass, invert the torso through a Tee, continuing to move the torso downward near vertical and bringing the legs together in a swan as the torso rolls onto the back. Arch back up, moving the same leg down as in the original Compass, ending on the same heading.

## Compass Outward Layout Roll C (6)

From a Compass, swing the lower leg up and towards the raised leg, rolling and rotating the torso toward the raised leg. The legs come together in the layout position as the torso performs one roll and opens out in a Compass on the same leg as it started.

## Compass Inward Egyptian C (6)

(Compass inward layout switch roll)  
From a Compass, invert the torso through a Tee, continuing to move the torso downward near vertical and bringing the legs together in a layout as the torso rolls onto the back. Arch back up, moving the opposite leg down as in the original Compass, ending on the same heading.

## Compass Outward Egyptian C (6)

(Compass outward layout switch roll)  
From a Compass, turn the torso sideways and drop forwards over the raised leg while rolling onto the back (with head dropped down now) into a swan position, bringing the original down leg upwards and overhead. Leave this high leg up and move the other leg downwards, arching the torso upwards into a Compass on the opposite leg from the starting one. This move turns about 90° towards the original raised leg.

## Compass Outward Double Layout D (7)

From a Compass, swing the lower leg up and towards the raised leg, rolling and rotating the torso toward the raised leg. The legs come together in the layout position as the torso performs two rolls and opens out in a Compass on the same leg as it started.

## Compass Inward Double Layout Roll D (7)

From a Compass, invert the torso through a Tee, swinging the lower leg up and towards the raised leg, continuing to roll the torso. The legs come together in the layout position as the torso performs two rolls and opens out in a Compass on the same leg as it started.

## Compound Turns/Rolls

### Propeller A (2)

Perform rapid barrel rolls while turning with the torso horizontal.

### Flip-Through B (3)

Perform a flat 360° turn while rolling 360° to keep head facing the same direction. The legs remain straight and together, and the waist bends as little as possible.

### Stag Flip-Through B (3)

Perform a Flip-Through with legs in the stag position.

### Pinwheel Reverse B (3)

From a Pinwheel in one direction, roll the torso over 180°, reversing the arm and leg positions into a Pinwheel in the opposition direction.

### Thomas Flair B (4)

Perform a flip-through with the legs straddled and piked when they are towards the front. The leading leg is raised first into the straddle pike position when in front. The legs are horizontal and the waist is straight when the torso is face down with the legs to the back.

### Thomas Flair Roll-Out B (4)

Start as in Thomas Flair, raising and lowering the first leg. The second leg raises and rolls back over first leg (now horizontal) as the torso rolls towards the first leg. The second leg continues to move downward, ending in Tee on that leg.

### Stag Switch Flip-Through B (4)

Perform a Flip-through with the legs in the stag position, switching the legs from a stag on one side to a stag on the other side half-way around.

### Thomas Spin Flair B (4)

Start as in a Thomas Flair, raising both legs to piked straddle position. Hold this position and perform a 360° spin, continuing the Thomas Flair out of the spin.

### Indian Seat Flip-Through B (4)

Flip-through with legs in an Indian Seat position.

### Inward Tee Roll Mobius C (5)

From a Tee, start the roll away from the down leg (the down leg moves inward, across the body), dropping the shoulders to a vertical head-down tilt. Spin the torso to complete a 360° roll, ending in a Compass on the same leg as the down leg in the original Tee.

### Outward Tee Roll Mobius C (5)

From a Tee, start the roll towards the down leg (the down leg moves outward, away from the body), dropping the shoulders to a vertical head-down tilt. Spin the torso to complete a 360° roll, ending in a Compass on the same leg as the down leg in the original Tee.

### Arabian Mobius C (5)

From a Tee, start the roll towards the down leg, dropping the shoulders to a vertical head-down tilt. Roll the torso a complete 360°, ending the rotation in a Compass with the opposite leg down from the original Tee.

# Freestyle Skydiving Moves List

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## Compass Arabian Mobius C (5)

*From a Compass, invert to a Tee and continue rolling in an Arabian Mobius.*

## Thomas Double Flair C (5)

*Start as in Thomas Flair, raising and lowering the first leg. As the second leg raises the torso rolls 180° onto its front towards the first leg. The second leg continues to moves downward, through a flat straddle. The sequence repeats as the first leg comes around and up again, this time on a heading 180° away from the initial heading.*

## Thomas Straddle Roll Flair C (6)

*Start as in Thomas Flair, raising the first leg. As the second leg raises, straighten the torso and perform a full barrel roll with the legs straddled. When rolling back to face-up, bend at the waist to return the legs to a straddle piked position and finish as in a Thomas Flair.*

## Thomas Back Flip Flair C (6)

*Start as in a Thomas Flair, raising both legs to the piked straddle position. As the second leg reaches the upward position, flip the torso over backwards in a straddle back loop, returning to the straddle pike position on the back, and complete the Thomas Flair.*

## Thomas Front Flip Flair C (6)

*Start as in a Thomas Flair, raising both legs to the piked straddle position. As the first leg swings down and towards the rear, pike the torso forward into a straddle front flip, returning to the flat straddle position on the front, and complete the Thomas Flair.*

## Standup Moves

### Prancer High Step C (5)

*From a Prancer pose, move the upper leg down and straighten it, then move the lower leg up into a Prancer pose on the opposite side.*

### Runner Step C (5)

*From a Stag Standup, move the upper foot downward while bringing the lower foot upward to switch positions, and repeat, as if taking small running steps.*

### Panther Step C (5)

*From a Panther Standup, hinge the raised back foot downward at the knee while hinging the lower leg back and upward at the knee to switch positions.*

### Double Helix Spin C (5)

*The torso is vertical, in the Double Helix Standup position. The body spins rapidly around the vertical axis.*

### Stag Standup Spin C (6)

*The body is in a Stag Standup, spinning around the vertical axis as quickly as possible.*

### Helix Spin C (6)

*The body is in a standup with one leg straight downward, and the other leg in an open stag with the foot crossed inward across the knee of the straight leg, but without touching it. The body spin around the vertical axis as quickly as possible.*

## Court Jester C (6)

*From a Y-Standup on one side, switch the leg positions by bringing the upper leg downward while moving the lower leg upward, with the knees going through a bent position, and keeping the legs in the same plane as the torso.*

## Stag Whip Turn C (6)

*From a Compass turning towards the raised leg, bring the raised leg to a stag position when turned away from the camera, and bring the arms in to accelerate the turn while spotting with the head. Extend the arms out and return to a Compass when facing the camera.*

## Standup Whip Turn D (7)

*From a Compass turning towards the raised leg, bring the raised leg straight down through a standup position when turned away from the camera, and bring the arms in to accelerate the turn while spotting with the head. Return the leg straight out to a Compass when facing the camera.*

## Layback Spin D (7)

*The body is in a standup in a Layback Pose, arching back as much as possible. The body spins around the vertical axis as quickly as possible.*

## Back Loops

### Back Tuck Loop A (1)

*Back loop in the tuck position.*

### Backover A (2)

*Starting on the back or in a sitting position, arch to flip over backwards onto the front.*

### Back Knee Loop A (2)

*Back loop. The legs are slightly apart front to back, and the back leg is bent at the knee.*

### Back Split Loop A (2)

*Back loop. The legs are straight, split front to back.*

### Back Layout B (3)

*Back loop in a layout position.*

### Back Stag Loop B (3)

*Back loop. The legs are in a stag position.*

### Gainer (or Back Walkover) B (3)

*Starting in a position with one leg in front, scissor the back leg forward to a back split loop with the opposite leg in front.*

### Back Straddle Loop B (3)

*Back loop. The legs are in a straddle position. The waist may be bent.*

### Back Pike Loop B (4)

*Back loop. The legs are straight and together in a pike position.*

### Back Indian Seat B (4)

*Back loop. The legs are crossed in Indian seat position.*

### Gainer Double Scissor B (4)

*Switch (scissor) the legs twice in a split position during a back loop.*

# Freestyle Skydiving Moves List

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## Back Leg-Out Loop B (4)

Back loop. The legs are in a turned-out Compass with the hand holding the knee, the other leg is straight in line with the torso.

## Clover Leaf B (4)

Three or four sequential back loops with 1/4 turn in the same direction while near the upright position in between each loop.

## Back Dancer C (5)

Back loop in the Dancer position. One leg is straight, the other leg is bent back and upward at the knee with the foot held by the hand on the same side.

## Back Space Lab Loop C (6)

Back loop. Rotate slowly and move the legs in a walking motion around the loop to give the appearance of walking the body inside a cylinder.

## Back Y-Scale Loop D (7)

Start in a Y-Scale, perform a back loop, ending in a Y-Scale.

## Back Swan Pop-out Loop D (7)

Start a tuck back loop, and pop-out into a swan headstand, holding it stationary for a moment, then continue the tuck loop.

## Back Stag Pop-out Loop D (7)

Start a tuck back loop and pop-out into a stag headstand, holding it stationary for a moment, then continue the tuck loop.

## Front Loops

### Front Tuck Loop A (1)

Front loop in a tuck position.

### Frontover A (2)

Starting flat, pike or straddle to flip over forwards onto the back.

### Front Skateboard Loop A (2)

Front loop. The waist is bent with one leg straight, the other bent at the knee.

### Front Straddle Pike Loop A (2)

Front loop. The legs are in the straddle position. The waist may be bent.

### Straddle-Over A (2)

From an inverted position on the back, straddle the legs and arch forward to initiate forward rotation onto the front.

### Front Pike Loop B (3)

Front loop. The legs are straight and together in the pike position.

### Front Split Loop B (3)

Front loop. Legs are in a split position, spread front to back.

### Front Kip B (3)

From a piked position on the back, straighten the body while keeping the upper torso motionless, and initiate forward rotation when the torso becomes straight.

## Front Scissor Kip B (3)

Starting in a piked split position on the back, with one leg in a deep pike and the other still split backwards from the front leg, whip the front leg past the back leg while straightening the body and keeping the upper torso motionless, to end up in a split position with the opposite leg in front, initiating forward rotation when the torso becomes straight.

## Front Layout B (4)

Front loop in the layout position.

## Front Stag Loop B (4)

Front loop. The legs are in the stag position.

## Front Long Loop B (4)

Front loop. The torso is in the layout position and the arms are extended straight overhead, parallel to the torso.

## Front Walkover B (4)

Starting from a vertical position with one leg in front, scissor the legs into a split position, perform a front split loop, and end in a vertical position.

## Front Straddle Layout Loop B (4)

Front loop. The legs are straddled and the waist is straight.

## Front Straddle Hold Loop B (4)

Front straddle pike loop with both hands holding the legs near the knees.

## Front Leg-Out Loop B (4)

Front loop. The legs are in a Turned-out Compass with one hand holding the turned out leg at the knee.

## Front Straddle Pump Loop B (4)

Front loop with the legs in a layout position (together) when rotating upward with the wind, and apart in a straight straddle position when rotating downward against the wind.

## Front Stag Kick Loop B (4)

Front loop with half the rotation in a stag position, then kick the leg into a split position for the second half of the loop.

## Front Swan Pop-Out Loop D (7)

Start a tuck front loop and pop-out into a swan headstand, holding it stationary for a moment, then continue the tuck loop.

## Front Stag Pop-Out Loop D (7)

Start a tuck front loop and pop-out into a stag headstand, holding it stationary for a moment, then continue the tuck loop.

## Twisting Back Loops

### Back Quarter Twist C (5)

Back layout loop with 1/4 twist to end the loop facing sideways.

### Back Half Twist C (5)

Back layout loop with a half twist during the loop.

### Back Split Half Twist C (5)

Back loop. The legs are split and straddled apart. Perform a half twist with the torso during the loop, keeping the legs apart, with the same leg leading throughout the loop.

## Freestyle Skydiving Moves List

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- Gainer Half Twist** C ( 5 )  
*From a position with one leg in front of the other, scissor the back leg forward into a Back Half Twist loop.*
- Solo Back Half Twist** C ( 6 )  
*Back layout loop with a half twist starting and stopping in static poses without additional loops.*
- Standup Back Half Twist** C ( 6 )  
*Back layout loop with a half twist ending in a standup pose.*
- Back Three-Quarter Twist** C ( 6 )  
*Back layout loop with 3/4 twist to end the loop facing sideways.*
- Back Full Twist** C ( 6 )  
*Back layout loop with a full twist during the loop.*
- Back Stag Full Twist** C ( 6 )  
*Back stag loop with a full twist during the loop.*
- Back Tuck Full Twist** C ( 6 )  
*Back tuck loop (medium or loose tuck) with a full twist during the loop.*
- Solo Back Full Twist** D ( 7 )  
*Back layout loop with a full twist starting and stopping in static poses without additional loops.*
- Standup Back Full Twist** D ( 7 )  
*Back layout loop with a full twist ending in a standup pose.*
- Solo Standup Back Full Twist** D ( 7 )  
*Back layout loop with a full twist starting and stopping in standup poses without additional loops.*
- Back Split-in Full Twist** D ( 7 )  
*Start as in back split half-twist. As legs come down towards vertical, bring them together and quickly complete the full twist.*
- Back 1-1/2 Twist** D ( 7 )  
*Back layout loop with 1-1/2 twists during the loop.*
- Tango Loop** D ( 7 )  
*(Back Diagonal Split Scissor 1/2 Twist) With the torso at a diagonal angle (between vertical and horizontal), rotate the torso backward starting with the legs in a split position, and scissor the legs while performing a half-twist to end up facing the opposite direction with the opposite leg in front.*
- Back Hip-Hugger Straddle Full Twist** D ( 8 )  
*Back straddle loop with a full twist with the hands on the hips during the loop*
- Standup Back 1-1/2 Twist** D ( 8 )  
*Back layout loop with 1-1/2 twists ending in a standup pose.*
- Back Double Twist** D ( 8 )  
*Back layout loop with 2 twists during the loop.*
- Headstand Back Full Twist** D ( 8 )  
*Back layout loop with one full twist, starting and stopping in a headstand.*
- Back 2-1/2 Twist** D ( 9 )  
*Back layout loop with 2 1/2 twists during the loop.*

- Back Triple Twist** D (10)  
*Back layout loop with 3 twists during the loop.*

## Twisting Front Loops

- Deanna** B ( 4 )  
*Starting in a Tee, the torso moves through half a front loop with a half twist stopping in a Tee. The twist is away from the lower leg in the starting Tee, and the legs do not cross.*
- Daffy Deanna** B ( 4 )  
*Deanna ending in a Daffy.*
- Inverse Deanna** B ( 4 )  
*Front loop 1/2 twist starting and stopping in a Tee. The twist is in the opposite direction from a Deanna, and the legs cross one another.*
- Front Split Half Twist** B ( 4 )  
*Front loop. The legs are split front to back. Perform a half twist during the loop keeping the legs apart.*
- Front Quarter Twist** C ( 5 )  
*Front layout loop with a quarter twist to end the loop facing sideways.*
- Front Half Twist** C ( 5 )  
*Front layout loop with a half twist during the loop.*
- Front 3/4 Twist** C ( 5 )  
*Front layout loop with a three-quarters twist during the loop.*
- Front Full Twist** C ( 6 )  
*Front layout loop with full twist during the loop.*
- Solo Front Full Twist** D ( 7 )  
*Front layout full twist starting and stopping in static poses without additional loops.*
- Standup Front Full Twist** D ( 7 )  
*Front layout loop with a full twist ending in a standup pose.*
- Front 1-1/2 Twist** D ( 7 )  
*Front layout loop with 1-1/2 twists during the loop.*
- Front Double Twist** D ( 8 )  
*Front layout loop with 2 twists during the loop.*
- Standup Front 1-1/2 Twist** D ( 8 )  
*Front layout loop with 1-1/2 twists ending in a standup pose.*
- Front 2-1/2 Twist** D ( 9 )  
*Front layout loop with 2-1/2 twists during the loop.*
- Front Triple Twist** D (10)  
*Front layout loop with 3 twists during the loop.*

## Loop Reverses

### Kickback B (3)

*Starting from a front loop, stop short of vertical head-up and reverse direction into a back loop.*

### Kickover B (3)

*Starting from a back layout loop, stop short of vertical and reverse direction into a front loop.*

### Straddle Backstop B (4)

*Starting from a back loop, stop the rotation on the back in a straddle pike position with the hands touching (or near) the feet. Reverse direction and rotate forwards into a front loop.*

### Straddle Frontstop B (4)

*Starting from a front loop, stop the rotation on the front in a straddle pike position with the hands touching (or near) the feet. Reverse direction and go into a back loop.*

### Pike Backstop C (5)

*Starting in a back loop, stop the rotation on the back in a pike position with the torso and legs near the horizontal position. Reverse direction into a front loop.*

### Cradle C (5)

*Straddle Back-Stop, Front Kip to vertical half turn, to a Straddle Back-Stop facing the opposite direction without stopping.*

### Pike Frontstop C (5)

*Starting in a front loop, stop the rotation on the front in a pike position, with the torso and legs near the horizontal position. Reverse direction into a back loop.*

### Ping Pong C (5)

*Kickback into a back loop with a half twist and immediately perform another Kickback into a back loop with a half twist.*

### Split Backstop C (5)

*Starting in a split back loop, stop the rotation on the back with one leg in a deep pike, and the other still split backwards from the front leg, with the torso near the horizontal position. Reverse direction into a front loop.*

## Side Moves

### Roundoff C (5)

*Starting facing sideways, perform a 360° loop with 1/4 turn to end the loop facing the direction you looped from (moving into a back loop).*

### Cartwheel C (5)

*360° side loop. The legs are straight and straddled apart with the waist straight.*

### Inward Eskimo Roll C (5)

*Sideways loop from a Daffy to a Daffy (or other upright pose with legs split front and back) rolling inwards towards back leg.*

### Outward Eskimo Roll C (5)

*Sideways loop from a Daffy to a Daffy (or other upright pose with legs split front and back) rolling outwards over the front leg.*

### Toe-Cross Side Loop C (5)

*360° side loop with the legs straddled apart and the knees bent inwards such that the feet are crossed at the ankles. The feet are in line with the torso.*

### Side Loop C (6)

*360° side loop in a layout position.*

### Inward Eskimo Half Twist C (6)

*Sideways loop from a Daffy with a half-twist towards the back leg to end in a Daffy. The legs stay apart.*

### Outward Eskimo Half Twist C (6)

*Sideways loop with half-twist towards the front leg from a Daffy to a Daffy. The legs must come together and cross during the loop.*

### Side Half Twist D (7)

*Side loop in the layout position with a half twist during the loop.*

### Solo Side Half Twist D (7)

*Side layout loop with a half twist starting and stopping in static poses without additional loops.*

### Side Full Twist D (8)

*Side layout loop with a full twist during the loop.*

### Standup Side Half Twist D (8)

*Side layout loop with a half twist stopping in a standup pose.*

### Solo Standup Side Half Twist D (8)

*Side layout loop with a half twist starting and stopping in standup poses without additional loops.*

### Solo Side Full Twist D (8)

*Side layout loop with a full twist starting and stopping in static poses without additional loops.*

### Standup Side Full Twist D (9)

*Side layout loop with a full twist stopping in a standup pose.*

### Solo Standup Side Full Twist D (9)

*Side layout loop with a full twist starting and stopping in standup poses without additional loops.*