

- F. Grip Nomenclature
 - Hand-lock grip
 - Wrist-lock grip
 - Handshake grip
 - Thumb-lock grip
 - Foot-to-hand grip
 - Arm-to-arm grip

- G. Companion Balance Progression
 - Foot-to-hand balance
 - Thigh stand
 - Knee stand
 - Walk-up shoulder mount
 - Hand-to-heel shoulder mount
 - Assisted jump shoulder mount
 - Low arm-to-arm balance
 - High arm-to-arm balance

- H. The Front Somersault Progression
 - Locked-leg rocker
 - Assisted somersault over knees
 - Straddle-lift front somersault
 - Neck-throw front somersault
 - Assisted somersault from buttocks
 - Hand-to-foot pitch somersault
 - Ankle-lift front somersault
 - Front somersault

- I. The Back Handspring Progression
 - Round off
 - Back-to-back pull-over somersault
 - Assisted back somersault from shoulder sit
 - Neck-lift back somersault
 - Foot-push back handspring
 - Back handspring

- J. The Back-Somersault Progression
 - Foot-push back somersault
 - Side-leg-pitch back somersault
 - Crotch-pitch back somersault
 - Toe-pitch back somersault
 - Back somersault

- K. Marchings and Facings
 - Attention
 - At Ease
 - At rest
 - Right face
 - Left face
 - About face
 - Count off
 - Mark time
 - Fours right
 - Fours left
 - Column right
 - Column left
 - Fall out