BLUE SLING (Recommended ~4-6 Years of Training)

* Must already have a Green Sling Certification
* Must be able to perform all of the following tricks:
  + Quint Aerial
  + Quad Vert Stop or Quad Left-Left
  + Rising Sun Triple Exit (three times without stopping)
  + OTH Triple Aerial (from standstill or moving) (can look)
  + Flyin’ Floridian
  + TIC BTB Catch OR Centino BTB Power OR Dixie
  + Andres Roll or Wendling Roll
* Must also be able to perform 3 tricks of your choice from the following list:
  + Triple Side Toss BTB Power Catch
  + Rising Sun Triple Exit BTB Flow Catch
  + Stationary Double Full Ninja (Triple Rising Sun)
  + Double J Hook
  + Triple Hell’s Whip or Triple Heaven’s Whip
  + Rising Sun Crossplane Exit