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