

1. Frogkick
2. Modified frogkick
3. Flutterkick
4. Modified Flutterkick
5. Backward kick
6. Helicopter turn
7. Basic 5 skills:
 - Regulator removal
 - Regulator exchange
 - Modified S-drill
 - Mask clear
 - Mask removal/replace
8. S-drill
9. Valve drill
10. 1 minute ascent drill
11. OOG horizontal ascent
12. SMB deployment
13. No mask swim
14. Unconscious diver recovery
15. Backup light deployment