

# Skill Chart

Yellow highlight means they must have that skill in order to move up to the next level!

## Level 1

### Vault

Straight Jump to (8" mat)  
Handstand Plop to (8" mat)

### Beam

Mount (Support Leg swing over / leg swing to push up)  
Forwards - Side - Backwards Walk (Tap Kicks)  
Scales Front- Side- Back  
3 Legged Dog  
Pivot Turn  
Step Hops/ Bunny Hops  
Coup'e / Pass'e Hold

### Bars

Pull Over (with Wall)  
3 Cast (push away)  
3 Swing Re Grip (bent leg)  
Spotted Back Hip Circle  
Spotted Underswing

### Floor

Forward Roll  
Backward Roll  
Handstand  
Cartwheel  
Headstand

## Level 2

### **Vault**

Straight Jump (with Underarm lift)

Squat On

Kick to Handstand Plop

### **Beam**

Split HandStand

Cartwheel to Handstand to (8" Mat)

Cartwheel on Line

Walks and Kicks In Releve

Rond de Jambe

Arabesque

Heel Snap turn

Coup'e/Pass'e Holds (Releve)

### **Bars**

Kickover to Support

Cast Back Hip Circle

5 Swing Regrip

Underswing

### **Floor**

Handstand Forward Roll

Cartwheel Step in

Back Bend to 8"

Kickover off 8"

## Level 3

### Vault

Handstand plop to 36" mat

### Beam

Puddle Jumps

Handstand

Cartwheel (low beam)

Cartwheel Handstand hold

Straight Leg Hops

Swing/Swing lock Pivot Pass'e Kick in (Releve)

Front Leg Holds in (Releve)

### Bars

5 Tap Swing

Double Back Hip Circle

Glide Swing

Underswing

Spotted Front Hip Circle

### Floor

Spotted Backhand spring

Handstand Hold 2sec

Hurdle Round Off

Back Walkover

## Level 4

### Vault

Handspring over Block

### Beam

Split Leap

Cartwheel

Cartwheel  $\frac{1}{4}$  Turn off

Swing Turn

### Bars

Swing Pullover

Spotted Kip

Back hip Circle underswing

Front hip Circle

### Floor

Roundoff Back Handspring

Standing Back Handspring

Front Walkover