



RECREATIONAL SKILL CHART

BEGINNER LEVEL

<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>Tumble Track</u>	<u>Strength</u>
<ul style="list-style-type: none"> • Hurdle to Straight Jump* • Kick to Handstand • Straight Jump • Tuck Jump • Straddle Jump 	<ul style="list-style-type: none"> • Cast x3* • Pull Over with Barrel* • Chin Hold 3 Seconds • Forward Roll • Tuck Swings 	<ul style="list-style-type: none"> • Squat On Mount* • Coupe Passe • Step Kicks • T-Shape • Arabesque • Straight Jump* • Cartwheel Dismount* 	<ul style="list-style-type: none"> • Forward Roll* • Backward Roll • 3/4 Handstand* • Cartwheel* • Straight, Tuck, Straddle • Chasse 	<ul style="list-style-type: none"> • Straight Jump • Tuck Jump • Straddle Jump • Split Jump • Full Turn • Seat Drop • Doggie Drop 	<ul style="list-style-type: none"> • Sit Ups x15 • Push Ups x5 • Hollow Hold 15s • Plank 20s • Squats x10 • Toe Raises x15 • Wall Sits 30s

INTERMEDIATE LEVEL

<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>Tumble Track</u>	<u>Strength</u>
<ul style="list-style-type: none"> • Handstand Flat Back* • Donkey Kicks • Kick to Handstand 	<ul style="list-style-type: none"> • Pull Over with Kick* • Leg Cut* • Back Hip Circle* • Glide Swings • Straddle On Dismount 	<ul style="list-style-type: none"> • V-Sit Mount* • T-Lever-T* • Step Leap • 1/2 Pivot Turn on Releve • Tuck Jump • Handstand Side Dismount* 	<ul style="list-style-type: none"> • Handstand* • Handstand Forward Roll • Round Off* • Bridge Kick Over* • Back Bend • 1/4 Heel Snap Turn • Split Jump • Split Leap 	<ul style="list-style-type: none"> • Belly Drops • Seat, Doggie, Belly • Seat Drop, Half Turn • Swivel Hips • Peanut Rolls 	<ul style="list-style-type: none"> • Tuck Ups x10 • Elbow Push Ups x10 • Superman Hold 20s • Handstand Hold 20s • Chin Hold 10s • Jump Squats x10 • Frog Jumps x10

ADVANCED LEVEL

<u>Vault</u>	<u>Bars</u>	<u>Beam</u>	<u>Floor</u>	<u>Tumble Track</u>	<u>Strength</u>
<ul style="list-style-type: none"> • Front Handspring • Bounce to Handstand 	<ul style="list-style-type: none"> • Chin Up Pull Over • Shoot Through • Mill Circle • Kip • Front Hip Circle • Undershoot Dismount 	<ul style="list-style-type: none"> • Swing Clap Mount • Handstand • Cartwheel • Split Jump • 1/2 Heel Snap Turn • 1/4 Turn Dismount 	<ul style="list-style-type: none"> • Handstand to Bridge • Backward Roll to • Push Up • Back Walkover • Front Walkover • Front Handspring • Back Handspring 	<ul style="list-style-type: none"> • Front Handspring • Back Handspring • Front Tuck • Back Tuck • Round Off • Backhandspring • Round Off Back Tuck 	<ul style="list-style-type: none"> • V-Ups x10 • Pull Overs x5 • Jump Lunges x10 • Single Leg Squat to Mat x10 • Push Ups x10

*Skill required to level up.