

Mobility Skills required for Level 7

Name:

LEVEL: 5

DATE:

EVENT	SKILLS	YES	NO
Vault			
	Handspring to feet		
	Round off straight jump onto spot block		
	Round off back handspring floor to block		
	Round air board 100 crash mat over table to feet or back		
Bars			
	Giants single bar		
	Kip Cast above horizontal 3 in row		
	Clear hip circle to horizontal		
	Clear 3 in row handstand spotted		
	Sole circle		
	Strap up rise clear hip to handstand		
	3 cast handstand in row		
	Handstand double flyaway		
Beam			
	Full turn		
	Back walkover back walk over high beam		
	Handstand step down back walkover		
	Back handspring		
	Split leap straight 180		
	Cartwheel back tuck		
Floor			
	Straddle jump 180		
	Front somi (front saulto) step out round flic		
	Split leap 180 to switch leap 180		
	Front somi (front saulto) rebound		
	Front layout		
	Front handspring front tuck		