

Name:

LEVEL: 2

DATE:

EVENT	SKILLS	YES	NO
Vault			
	<b>Spring board mini tramp 1m basic jumps</b>		
	Jump handstand stack mats		
Bars			
	15 sec L hold		
	Glide swing return to feet		
	15 sec flex arm hang		
	3 cast in a row		
	Pull over		
	Back hip circle		
	Under swing dismount		
Beam			
	Mount		
	Swing push up		
	Swing push up		
	Jump to tuck stand		
	Arabesque 30° below horizontal		
	Stretch jump		
	Swing front leg, swing back leg plié releve 3sec		
	Pivot turn 2		
	Forward passé press releve return flat hold		
	Cartwheel to handstand hold		
Floor			
	Handstand		
	Cartwheel step in		
	Straight arm backward roll to front support		
	Candle stick roll to sit		
	Bridge kick over		
	Passé , releve heel snap turn		
	Chasse straight leg leap 60°		
	Split jump 60°		