

Name:

LEVEL: 3

DATE:

EVENT	SKILLS	YES	NO
Vault			
	Spring board mini tramp vault		
	Handspring over 32 inch mat side way		
Bars			
	Glide kip		
	Glide swing return to feet		
	Cast back hip, back hip		
	3 cast in a row		
	3 chin up pull overs		
	Front hip		
	Squat on jump stretch jump off		
Beam			
	Mount		
	Straight leg leap 90° plié Arabesque hold Arabesque		
	Cross handstand mark		
	Arabesque >45° below horizontal		
	Stretch jump, stretch jump		
	Swing front leg, swing back leg plié releve 3sec		
	Pivot turn step pivot turn		
	Cartwheel to handstand mark ¼ turn dismount		
Floor			
	Handstand bridge back kick over		
	Split jump 90°		
	Back roll tuck with Straight arm open 45° above horizontal lower push up position		
	Candle stick roll to sit		
	Bridge kick over		
	½ turn forward Passé , arms middle or high crown		
	Straight arm handstand front roll		
	Round off flic-flac rebound stick		