

Mobility skills required for Level 6 to Level 7

Name:

LEVEL: 6

DATE:

EVENT	SKILLS	YES	NO
Vault			
	Handspring to feet height		
	½ to height		
	Round off back handspring floor to block		
	Round off flic air board to height		
Bars			
	Kip cast handstand		
	Strap up rise clear to giant		
	Giants on single bar		
	Clear 45		
	Clear handstand spotted 3 in row		
	straps swing to giant		
	Straddle handstand		
	5 cast handstand spotted		
	Handstand flyaway		
	Giant handstand flyaway		
Beam			
	Full turn		
	Back walk over back walk over high		
	Back handspring high beam		
	Split leap straight 180		
	Split jump 180		
	Salto dismount		
	Switch leap		
	B		
Floor			
	Front hand spring front tuck		
	Front tuck front tuck		
	Split leap 180 to switch leap 180		
	Front somi		
	Standing back tuck		
	Round off flic layout or open pike		
	Upgrade turn		