

Name: ,

Side:

Level: 0

DOB:

Special Needs:

Preteam/Lvl 4	Level 5	Level 6	Level 7
21 of 24 skills by Aug 16 to move to Boys Level 4 team	16 of 26 skills by Aug 16	18 of 29 skills by Aug 16	14 of 23 skills by Aug 16
Floor (5)	Floor (6)	Floor (8)	Floor (5)
Handstand 1 sec to forward Roll	Dive roll	Front tuck	RO + BHS + Layout
Cartwheel + Cartwheel w/ 1/4 turn feet together	Back extension to prone, bent arms	Kick HS + full pirouette + straight arm for. roll	Straight arm back extension roll + 1/2 pirouette + lower to arched prone, pointed toes
Bent arms, tucked back roll to hollow prone	Jump straddle press handstand, 1 sec.	Headspring	FHS + Front tuck
Press headstand, momentary hold	Front handspring, rebound allowed	FHS steepout + FHS	Straddle press to HS, 2 sec hold
Running roundoff + rebound	Sissone, 45°	Swedish Fall	RO+BHS+BHS+Tuck
	RO + BHS + Rebound	Staddle press HS, 1 sec	
		Hitch Kick	
		RO + BHS + Back Tuck	
Mushroom (2)	Mushroom (2)	Pommels (3)	Pommels (4) No Pommels
One circle	3 circles	Czechkehre (Moore)	4 front loops
Half circle dismount	2 circles + 1/2 dismount	2 flairs	Loop with 1/4 turn + 3 side circles
		5 circles	Side support circle + 1/4 turn + 1 back loop
Rings (6)	Rings (7)	Rings (8)	Side support circle to flank/wende dismount
Chin up, hold	Muscle up with spot	Straight arm, bent body pull to inverted hang	
Tuck hold, 2 sec.	Support above rings, arms free of straps	Back lever, 1 sec	Rings (3)
3 Swings, 45° below in back, turnover in front	Back roll to piked inverted hang, bent arms allowed	Piked inverted hang to dislocate, straight body at horizontal	Straight body, bent arm pull to inverted hang:
Swing to straight inverted hang	Skin-the-cat, 1 sec, pull out to piked inverted hang	Back uprise	Bail to straight body inlocate
Pike inverted hang	Cast to front swing	L above ring, 2 sec., arms off straps	Pike inverted hang to two straight body dislocates
Skin-the-cat, 2 sec, let go	3 swings, back to horiz., front to turnover	Press to shoulderstand, 2 sec	
Vault 12"-20"Mat (2)	Back tuck ,hips at rings height, bent arms allowed	Shouldstand to forward bail	Vault (1)
Hurdle w/ arm circle		Swing to layout, hips at ring height, bent arms permitted	- Yamashita - Handspring sideward w/ 1/4 twist
Straight jump, stick			
P-Bars (3)	Vault 12"-20"Mat (1)	Vault (1)	P-Bars (5)
Forward straddle L, 1 sec	Front Tuck	Front Handspring	Layaway front uprise
3 Swings, horiz. in back, bar ht. in front			Back uprise
Back dismount, horiz.	P-Bars (5)	P-Bars (4)	L to straight arm, piked press to 45° above horizontal
	2 long hang swings + Uprise to upper arms:	Glide kip, straight arms	1 swing + swing to HS
High Bar (6)	2 upper arm swings, shoulders even with elbows	Swing to horiz., bail to upper arm moy, "hand-on-hand" spot allowed	- Back salto - Front salto Tucked, piked, or layout
Hanging 1/2, no swing	Straddle front uprise + immediate swing	2 swings to 45° above horiz in back, horiz. in front	
Pullover with spot	Swing to L hold, above bar height	Front stutz dismount	High Bar (5)
Cast to hollow underswing, straight arms	Swing to handstand dismount, 1 sec.		From hang, back uprise to free hip to horizontal
Swing backward, uprise hop with momentum going upwards		High Bar (5)	From horiz., backward swing to 1/2 turn or hop 1/2 to 3/4 giant
4 tap swings, 45° below horiz. in front + back	High Bar (5)	Undergrip pullover	Cast forward to 1 front giant
Swing dismount, shoulders at bar ht.	Pullover, overgrip	Cast forward to 3/4 front giant, full extension at horizontal + hop to overgrip at horizontal	Front giant to pirouette
	Cast to horizontal	Kip	Backward giant
	Back hip circle	Cast horizontal to backward 3/4 giant	
	Swing hollow half turn to mixed grip, forward swing, back swing to change hand to overgrip. All swings at 45° below horizontal	Swing to tucked flyaway	
	Kip with sp0t		