

Name: ,

Birthday:

Level: 0

INTRO GYM 0	
TOTAL: 24 skills TO PASS: Any 22 skills	
BARS (3)	
Cast, Baby	
Forward Roll Dismount	
Straight Arm Support, 3 sec. hold	
BEAM (5)	
Backward Walk	10-Sep-22
Bear Walk	10-Sep-22
Forward Walk	10-Sep-22
Jump Dismount to Freeze	10-Sep-22
V Seat	10-Sep-22
FLOOR (7)	
Arabesque	10-Sep-22
Candlestick with arm support	
Chasse Side	10-Sep-22
Lever	
Rock and Roll	
Table Top	
Wall Walk, 3/4 HS	10-Sep-22
P-BARS (2)	
Bear Walk	10-Sep-22
Tuck Hold	10-Sep-22
RINGS (2)	
Chin Hold, 5 sec.	
Swings	
TRAMP (2)	
Jumps to Freeze	10-Sep-22
Seat Drop	
TUMBLTRAK (3)	
Straight Jumps	10-Sep-22
Straight Jumps, Backwards	10-Sep-22
Tuck Jumps	

INTRO GYM 1	
TOTAL: 31 skills TO PASS: Any 29 to pass	
BARS (2)	
Cast, Belly off bar	
Glide Swing	
BEAM (7)	
Arabesque, 3 sec. hold	
Forward Dip Walk	
Leg Kicks, Horizontal	
Lever	
Releve, 10 sec. hold	
Releve Walks	
Straight Jump	
FLOOR (7)	
Bridge	
Cartwheel	
Forward Roll	
Handstand Against the Wall, 3 sec. hold	
Roundoff, Standing	
Scale, 3 sec. hold	
Split Jump, 60°	
P-BARS (2)	
Climb Up and Down	
Straddle Travel	
POMMELS (2)	
Leg Cuts on Floor Horse	
Walking Circle on Mushroom	
RINGS (2)	
L Hold, 5 sec.	
Toes to Rings	
TRAMP (3)	
Belly Drop	
Doggy Drop	
Knee Drop	
TUMBLTRAK (3)	
Ski Jumps	
Ski Jumps, Backwards	
Straddle Jumps	
VAULT/JUMPS (3)	
Roll on cheese	
Straight Jump with Hurdle	
Tuck Jump with Hurdle	

INTRO GYM 2	
COED: 25, 24 to pass BOYS ONLY: 20; 19 to pass GIRLS ONLY: 21; 20 to pass	
BARS (3) Coed, Boys, Girls	
Cast, Hollow	
Pullover, Minimal spot	
Swing Regrip	
FLOOR (6) Coed, Boys, Girls	
Backward Roll	
BHS, Over boulder of appropriate size	
Bridge, Straight arms	
Handstand with Lever, 2 sec hold with feet together	
Handstand Forward Roll, Pause in HS	
Roundoff, Running with rebound	
TRAMP (2) Coed, Boys, Girls	
Back Drop	
Knee Drop To HS	
TUMBLTRAK (2) Coed, Boys, Girls	
Pike Jumps	
Jump+Jump+Full Turn	
VAULT/JUMPS (3) Coed, Boys, Girls	
Dive Roll with Hurdle	
Jump Half Turn with Hurdle	
Straddle Jump with Hurdle	
BEAM (5) Coed, Girls	
Lever with Hop, Legs separated with top leg at least 45° above horizontal	
Mount, Straddle-tuck- stand	
Pivot Turns, Both sides	
Roundoff Dismount	
Split Jump, 60°	
P-BARS (1) Coed, Boys	
L Hold, 5 sec at bar height	
POMMELS (1) Coed, Boys	
Leg Cuts, Feet allow	
RINGS (2) Coed, Boys	
Pencil Point	
Skin-the-Cat (3 sec. hold) + Let Go	