



Puget Sound Gymnastics

Name _____ Junior Olympic Level 2 Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Straddle onto vault with board	☆ Pike glide, Pull-over	☆ One leg bear walks/air	☆ Tripod Headstand
☆ Tuck Jump onto Vt w/tramp	☆ Handstand hold on floor bar 10 seconds	☆ Pivot, pivot—releve	☆ Chasse, hurdle step CW
☆ 10 run steps, straight jump on mat, kick to handstand fall flat	☆ Shoot thru drill hold Stride Position 5 sec.	☆ 2 Stretch jumps—5th	☆ Handstand 2 sec. (walk) Split leap land on one foot
☆ Bounce Handstand on tramp fall flat back on 8 -incher	☆ Cast Back hip circle	☆ T-lever hold 3 seconds	☆ Standing bridge to cheese bridge kickover—panel Handstand Roll bent arms
☆ Cartwheel to handstand fall flat on four incher	☆ Straddle lift toes 3 times (Above horizontal)	☆ Lunge to baby handstand	☆ Round Off from Panel mat Proper hand placement Backward roll to pike
	☆ Undershoot drill on block	☆ Scale 70 degrees 2 sec.	☆ 1st,2nd,4th, 5th position Pacman on four incher Level 2 floor routine no verbal cues
		☆ Tuck Jump Sideways off beam FREEZE	
		☆ Push to bridge on low	

Supplemental Skills

VAULT	BARS	BEAM	FLOOR
Handspring drills	Straddle on	Mini Handstands	Limbers

Safety Quiz

- While casting on the bars, the elbows should be: STRAIGHT BENT
- When doing a HANDSTAND FORWARD ROLL, you should:
 - Pass through the handstand quickly, immediately bend your arms and legs to perform the roll.
 - Hold a straight/tight handstand, keep your arms and legs straight while leaning into a candlestick position before bending your knees to stand up.
- When on the beam, you should look: At your feet At the end of the beam

Answers 1. Straight 2. B 3. end of the beam

Keep up
the hard
work.
You're
Awesome!

You are ready for the Junior Olympic Level 3 chart and class. Register at the front desk for the J.O. Level 2/3 class.

Congratulations!