

Puget Sound Gymnastics


Name _____ Junior Olympic Level 3 Skill Achievement Chart

Vault	Bars	Beam	Floor
★ Run 10 steps jump to handstand fall flat	★ Pike glide in and out Pullover/form	★ Small whip to squat	★ Handstand bridge kickover
★ Standing front handspring into pit from two panel mats	★ No cast shoot through	★ Step kick lever in handstand/90 degrees tap toes	★ Standing bridge kickover
★ Pushup hops all the way down the tramp-hollow	★ Front hip circle with two finger spot	★ Cartwheel to H/S dismount Level 3	★ Run, Hurdle Roundoff jump to portapit –hurdle form
★ 3 handstand hops on tramp	★ Cast straddle on undershoot	★ Level 4 dismount off block	★ FlipFlop on cheese or 4 incher alone
★ Handstand block off board to back	★ Shoot through, stride circle, cut back light spot	★ Bridge kickover on low	★ Handstand Roll Straight arms
	★ Candle hold 10 seconds	★ Snap, half turn, leap and split jump on low	★ Handstand hold 5 sec. (walk) ok/straddle press on block
		★ Three runs to lock pivot	★ Straight arm Backward roll to pike
		★ Stretch jump/posse jump on low	★ One split all the way down
		★ Cartwheel to handstand fall to red mat on back	★ Middles 170 degrees
			★ Standing Roundoff back-handspring on resi alone
			★ Level 3 floor routine w/out verbal cues

Supplemental Skills

Floor: Backhandspring Drills
 Beam: Cartwheel
 Bars: Under swing Dismount

Strength & Flexibility

★ 3 Pull-ups ★ 10 Sit ups (20sec)
 Splits:  Right Left

Quiz

- When practicing the handstand on beam you should:
 - Kick your leg as high as you can trying to reach the handstand.
 - Start in a lunge, watch your foot leave and return to the beam. Starting small, going higher with each turn.
- While performing the Single leg pull through or the stride position, focus should be straight forward.

True False

Answers 1. B 2. True

Fantastic!

**You are ready for Team tryouts.
 Register at the front desk for a tryout time. Congratulations!**

Congratulations!