



# Puget Sound Gymnastics

Name \_\_\_\_\_ **REC II** Advanced Beginner Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Bun kickers and high knee runs	☆ Tuck, Pike & Straddle glide	☆ Front Support, V-sit	☆ Straddle Forward Roll
☆ Hurdle with underswing	☆ 3 Monkey Walks (over grip)	☆ Knee Scale	☆ Arabesque
☆ Straight Jump to 24" block	☆ 3 Mixed grip Walks	☆ Pivot turn	☆ Split Leap land on 1 foot
☆ Stiff drill between mats	☆ Cast swings lifting hips from the bar	☆ Small candlestick roll up	☆ Hitch Kick
☆ Straight Jump "Freeze" off board to mats forward Roll	☆ Pullover with light spot or ladder alone	☆ Lunge, kneel, stand up	☆ Tripod
☆ Straddle on with tramp	☆ 5 second chin-up hold	☆ Modified Lever	☆ Handstand to vertical
		☆ Straddle jump off end "Freeze"	☆ Cartwheel
		☆ One legged bear walk	☆ Backward Roll
			☆ Bridge 1 foot in the air
			☆ All splits 120 degrees

## Supplemental Skills

VAULT	BARS	BEAM	FLOOR
Sprinting	Back Hip Circle Cast Push away	Leap Lever	Hurdle Step Bridge w/one arm

## Safety Quiz

- When jumping on the trampoline, you should:
  - Jump as high as you can.
  - Practice smaller, controlled jumps.
- While waiting for your turn, you should stand to the side to avoid getting hit.
 

True    False
- How many people are allowed to jump into the pit per turn? 1 2 3

**You're  
doing  
great!**

**You are ready for the Rec. 3 chart and class. Register at the front desk for the Rec. 3 class.**

# Congratulations!