



Puget Sound Gymnastics

Name _____ REC Advanced Gymnastics Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Tuck Jump onto vault w/ board.	☆ Pike glide in and out pullover - with form	☆ Wolf mount	☆ Handstand Lower to bridge
☆ Straight Jump onto Vault With Board	☆ Shoot through drill hold 5 sec.	☆ Forward Roll on low	☆ Run, Hurdle Step Roundoff
☆ Standing Jump, Jump to handstand hold 1 sec, with tramp, fall flat	☆ Front hip circle with help	☆ Forward, Backward leg swings 45 degrees	☆ 1 arm cartwheel
☆ With tramp. Run, jump, pass through handstand	☆ Straddle on Jump off Forward Drill from block	☆ Stretch jump, tuck jump, split jump	☆ Handstand Roll Straight arms down cheese
☆ Handstand block off board to back on floor	☆ Back hip circle	☆ Leap on high land in arabesque	☆ Handstand hold 3 sec. (walk) ok

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

- ☆ Lunge Handstand tap toes from arabesque
- ☆ Cartwheel to H/S pike down stick

- ☆ Straight arm Backward roll down cheese
- ☆ Pacman trainer alone
- ☆ Standing bridge to 4 inch

Fantastic!

You are ready for the Rec. 3 pre-competitive chart and class. Register for the Pre-competitive program.

Congratulations!