

Puget Sound Gymnastics

Name _____

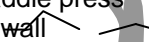

REC Pre Competitive Skill Achievement Chart

Vault	Bars	Beam	Floor
☆ Run 10 steps jump to handstand fall flat	☆ Front hip circle with 2 finger spot	☆ Small whip to squat	☆ Handstand, bridge kick over- Standing bridge kickover
☆ Standing front handspring from two panels to resi-pit	☆ No cast shoot through	☆ Step, kick, lever in handstand 90 degrees tap toes	☆ Run, Hurdle Step Round off jump back to port-pit
☆ Push-up hops all the way down the tramp-hollow—no pike	☆ Cast straddle on undershoot	☆ Cartwheel to H/S dismount - Level 3—hold 1 second pike down	☆ Flip flop on cheese or 4 incher alone
☆ Handstand block off board to back—tight	☆ Shoot through, Stride circle, cut back—light spot	☆ Level 4 dismount off block	☆ Handstand roll-straight arms
☆ 3 handstand hops on tramp	☆ Pike glide in and out pull-over—form	☆ Bridge kickover on low	☆ Straddle press on block- Handstand 5 sec - walk ok
	☆ Candle hold 10 seconds	☆ Snap turn and half turn on low	☆ Straight arm back roll to pike
		☆ Cartwheel handstand fall to to back on low	☆ One split all the way down - Middles 170 degrees
		☆ Three runs to lock pivot	☆ Standing Roundoff back-handspring on resi lt. spot

Supplemental Skills

Floor: Front handspring Drills
 Beam: 1/2 & Full turns on 1 foot
 Bars: Kip Drills

Strength & Flexibility

★ Straddle press 10 Sit ups (15sec)
 On wall  _____
 Splits:  _____ Right

Quiz

- Bars. On the Under swing dismount, you should:
 - Keep your elbows straight and look at your toes.
 - Arch your head and back while going backwards.
- While learning the Back extension roll to handstand you should:
 - Sit, roll quickly, and focus on your toes
 - Try to pass through the Candlestick position
 - Both A & B

Wow!

You are ready to try out for the Level 4 team. Make an appointment at the front desk or register for the junior high class.

Congratulations!