

Level 3 Skill sheet

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	Name:						
Vault							
	Accelerated run into handstand flat back						
	Show a heel drive to straight body handstand, no pike						
	Straight Body Jump from full run up to a resi from spring board.						
Bars							
	Correct shape on glide - hips under, legs straight, full extension, arms by ears						
	Perfect pullover with bar on 5						
	Front hip circle with Straight Legs (arms may bend)						
	Single leg shoot through to clear support (no leg touching on bar)						
	Mill circle (straight arms, straight legs)						
	Set of 3 casts with hollow shape with straight arms						
	Concept of kip - spotted						
Beam							
	Split leap(90*) to arabesque hold						
	Vertical handstand, no hold requirement						
	Dismount on High Beam - No hold requirement						
	Passé' snap turn showing High Relevee						
Floor							
	Split jump (90*)						
	Handstand hold 1 sec, forward roll with straight arms, finish like routine						
	Handstand bridge kick over showing shoulders pushing open						
	Backward roll tuck with straight arms and arms by ears to push up position off panel mat						
	Perfect standing back handspring on trampoline						
	Standing back handspring on floor, straight arms, no spot						
	Power hurdle round off, arms by ears, punch up to 1/2 or full panel depending on height						
Conditioning							
	8 push ups with correct shape						
	8 1/2 leg lifts on leg lift bar						
	10 Second hollow body hold, fingers locked behind head						
	10 second chin hold on high bar- chin cannot touch						
	Press against the wall off panel						
Flexibility							
	Good leg split down with square hips						
	Ability to hold bad leg split with square hips for 20 seconds, hands on front leg						
	Ability to hold middle splits for 20 seconds arms bent on elbows						
	Can bridge with shoulders past hands and straight arms						