

Level 4 Skill Sheet

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Name:						
Vault						
Front layout into foam off spring board						
Straight jump on to vault table set on 4 from full speed run						
Front handspring over table to flat back on to stacked mats landing on wedge mat (big end towards table)						
Handstand flat back on to resi and 8 inch						
Handstand hop on floor						
Bars						
Kip - straight legs, perfectly extended glide and straight arms						
Cast to horizontal - straight arms x 3						
Squat on jump and tap the high bar in a hollow shape						
Cast to horizontal, straight arm, no pike, back hip circle on low bar to candle, head in						
Tap swings - start on stacked blocks, swing forward and land back on blocks, arms by ears, start and finish in hollow						
Beam						
Cartwheel on high beam, head in and arms by ears throughout						
Straight leg leap (120*) to plie"						
Vertical Cross handstand held for 2 sec						
Split jump (120*) to stretch jump						
Cartwheel to handstand, hold 2 sec, 1/4 turn dismount						
Floor						
Back walkover, straight arms, straight legs, slightly raised leg						
Back extension roll to handstand off of a panel mats straight arms and arms by ears to hollow body pushup						
Full turn in passé', arms in crown						
Standing 3 back handspring straight arms, straight legs on floor						
Lunge front handspring down a wedge mat, straight legs, arms by ears, looking at hands						
Front handspring from run off of a wedge mat, straight legs, arms by ears, looking at hands						
Conditioning						
12 Pushups with correct shape						
8 Full leg lifts on leg lift bar						
20 second hollow body hold						
Rope climb to the top using legs						
Press handstand against wall, back flat, no jumping						
Flexibility						
Good leg split all the way down with square hips						
Either bad leg or middle split down						
Additional Comments:						