

Level 5 Skill sheet

Name: _____

Vault

Front layout on to resi

Front handspring with correct shape throughout

Handstand hop 1/2 panel

Bars

Straight arm kip, cast above horizontal on low Bar in a Hollow Body Shape

Straight arm kip, cast above horizontal on High Bar in a Hollow Body Shape

Clear hip - hips cannot touch, no angle requirement, straight arm shift

High Bar cast - Push Away - Hollow Body Shape to Candle Stick

Tap swing layout flyaway into foam - no spot

Kip cast, kip, squat on, kip cast - no angle requirement, feet up

Cast Whip Pull-over on trench bar with a Spot Showing a **straight arm shift**

Beam

Back walkover on medium beam

Straight leg leap to stretch jump (150*)

Cross handstand hold 3 sec

Full turn, in passé', arms in crown on high beam

Side handstand hold for 3 sec

Straight leg Split jump (150*)

Floor

Jump full turn that starts and finishes in in hula-hoop

Front handspring step out, front handspring rebound over 2 8in mats

Front tuck - from 3 step run on to 8 in mat

Sissonne, chasse', step split leap or switch leap (150*)

Round off back handspring, back tuck (in resi, no spot)(arms by ears, head in)

Standing back tuck on Floor

Conditioning

15 Perfect pushups

8 Pull ups

10 Leg lifts, straight arms, straight legs

30 Second hollow hold arms by ears

Rope climb to top, legs can scissor

Press off panel

Flexibility

Good leg split all the way down with square hips

Either bad leg or middle split down

Additional Comments: _____