

Level 7 Skill sheet

Name:

Vault

Roundoff punch to tight hollow body on resi

Yurchenko spotted to table on 120 + 8 inch mat on top

Double Front on to Soft mat into foam

Roundoff up to full panel with no pike

1/2 bhs block to wall Drill

Bars

Straddle Cast to handstand on low bar with kip Cast Squat

Clear hip to Handstand on Low or High Bar

Light Spot on giant on Pit Bar with **Straight Arm Shift**

Cast to Handstand + Layout Flyaway in to pit.

Straddle Cast on High Bar to Baby Giant in between bars

Beam

BHS or B value flight on high beam no mats

Step hurdle cartwheel punch - Bad foot in front

Standing back tuck off the end, bad foot in front

180* Leap or Jump on high Beam

2 Backward Skill series connected on high beam

Floor

Ro BHS layout up to two 8 inch mats stacked in the resi pit

Front handspring front tuck on floor

switch leap to full split

Straddle Jump Full 180 Degree Split

RO BHS back tuck up onto 8 in mat + resi mat in resi pit

Standing Back tuck up to Full panel

Conditioning

Rope climb in pike to 2nd blue line

45 sec hollow hold

20 push ups

10 leg lifts, straight arms and legs

Press handstand or from jump straddle to handstand on high beam