

# Level 2 Skill Sheet

**Name:**

## Vault

Correct arm circle (bird, soldier, rocket ship from block to spring board)

Ability to hold a handstand (1 Sec.) in correct shape

Handstand flat back, from run, on to 2 8 inches

Standing handstand flat back on to 8 in, arms by ears, feet together

## Bars

Pullover (no swinging, straight legs)

Hollow cast with straight arms - no angle requirement

Straight arm back hip circle

Light spotted mill circle - straight arms, straight legs

Leg Cuts as in Routine

Under-swing Dismount Concept (spotted)

## Beam

Lever touch and return to stand, ears covered

Pivot turn, arms in crown

Stretch jump pull to lock

Cartwheel to handstand dismount, within 10\* of vertical, no spot, feet touch

## Floor

Handstand - legs come together in vertical, land on good leg in lunge

Lunge round off, off panel to correct Body Shape + Punch

Backward roll tuck with legs together

3 Passé toe raises arms forward middle crown

Bridge kick over - straight arms and legs

Split jump (60\*) arms side middle in jump on T.T.

## Conditioning

5 Pushups with correct shape

8 Leg lifts uphill with straight legs

15 Sec hollow body hold

10 sec chin hold with straight legs

Straddle press lift off panel

## Flexibility

Square splits with straight legs (does not matter if all the way down, must be able to hold for 10 seconds)

Bridge with hands facing the correct way and straight arms

**Additional Comments:**