

**Level 2:**

- Vault
  - Handstand Tree-Fall onto 16" mats
- Bars
  - Pullover
  - Back Hip Circle
  - Stride Circle
  - Basket Swing
  - Under Shoot Dismount
- Beam
  - "T"
  - Stretch Jump
  - Side Handstand
- Floor
  - Vertical Handstand
  - Roundoff
  - Split Jump
  - Back Pike Roll
  - Bridge Kickover

**Level 3:**

- Vault
  - Handstand Tree-Fall onto 32"+ mats
- Bars
  - Front Hip Circle
  - Shoot Through
  - Stride Circle
  - Back Hip Circle
  - Under Shoot Dismount
- Beam
  - Vertical Handstand
  - Split Leap
  - Side Handstand Dismount
- Floor
  - Handstand, Bridge Kickover
  - Handstand, Forward Roll
  - Backward Roll to Pushup (straight arms)
  - Full Split
  - Roundoff Back Handspring

**Level 4:**

- Vault
  - Front Handspring over table
- Bars
  - Straight arm Kip (low bar and high bar)
  - Cast to Horizontal out of Kip
  - Squat on, Jump to High Bar
- Beam
  - Cartwheel
  - Handstand to Vertical (held 1s+)
  - Split Jump (120 degrees)
  - Split Leap (120 degrees)
  - Side Handstand Dismount
- Floor
  - Straddle Jump
  - Front Handspring, Rebound
  - Back Extension (Straight Arms)
  - Back Walkover
  - Roundoff 2 Back Handsprings

**Level 5:**

- Vault
  - Front Handspring over table
- Bars
  - Kip, cast above horizontal (low and high bar)
  - Free-hip connected to a kip
  - Baby Giant
  - Flyaway at Bar Height
- Beam
  - Back walkover, Backhandspring, or Back extension
  - Full Turn
  - Handstand and Side Handstand (held 2+seconds)
  - Split Leap (150 degrees), Stretch Jump
  - Split Jump (150 degrees), Sissone
- Floor
  - Front Handspring Step Out, Front Handspring Rebound
  - Front Tuck
  - Back Extension with Straight Arms
  - Roundoff, Back Handspring, Back Tuck

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**Strength and Flexibility**

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| <ul style="list-style-type: none"> <li>- Seal Press Handstand</li> <li>- Full Right Leg Split</li> <li>- Full Middle Split</li> <li>- Pull Ups (6+)</li> <li>- Full Rope Climb</li> </ul> | <ul style="list-style-type: none"> <li>- Seated straddle Press Handstand</li> <li>- Full Left Leg Split</li> <li>- Handstand Hold (6+ seconds)</li> <li>- Leg Lifts (11+)</li> <li>- Straddle Rope Climb without legs</li> </ul> |
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