

Skills should be passed once a student has mastered it, including knowing the name of the skill.

| Level B <i>Adv. Beginner - Age 6 & up</i> | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|
| VAULT | | | | | | | |
| 1. Run, hurdle, punch straight jump UP to two 8" | | | | | | | |
| 2. Stand on springboard, hands stay on vault, 3 jumps to ROLL | | | | | | | |
| 3. Run, hurdle, SQUAT on onto vault, hands stay on vault | | | | | | | |
| BARS | | | | | | | |
| 4. 3 CASTS hips off bar, straight arms, short shoulders, straight body (no arch) | | | | | | | |
| 5. PULLOVER , walking feet up block, land in front support, hands forward | | | | | | | |
| 6. SHOOTING STAR dismount from block, start with 1 foot on bar, jump other foot on bar, straight legs | | | | | | | |
| 7. MONKEY UP onto knee height bar, stand arms by ears, jump off | | | | | | | |
| 8. 3 SWINGS with regrasp behind bar | | | | | | | |
| 9. Controlled forward roll DISMOUNT , land with feet on ground, chin above the bar | | | | | | | |
| BEAM | | | | | | | |
| 10. PIVOT TURN both directions | | | | | | | |
| 11. Straight jump | | | | | | | |
| 12. Lunge, lever, hands on beam , lunge | | | | | | | |
| 13. ARABESQUE , arms out to side | | | | | | | |
| 14. Straddle jump DISMOUNT off beam, stick, finish | | | | | | | |
| 15. ROUND OFF dismount | | | | | | | |
| FLOOR | | | | | | | |
| 16. Lunge, 3/4 HANDSTAND , land in lunge | | | | | | | |
| 17. Lunge, CARTWHEEL , lunge (forward cartwheel) | | | | | | | |
| 18. ROUND OFF -off panel mat | | | | | | | |
| 19. SIDE cartwheel | | | | | | | |
| 20. BACKWARDS ROLL off panel mat, land on feet | | | | | | | |
| 21. Turn prep | | | | | | | |
| 22. Step, step, LEAP , step forward and finish | | | | | | | |
| TRAMPOLINE & TUMBLE TRACK | | | | | | | |
| 23. Seat, doggie, tummy | | | | | | | |
| 24. Pike jump | | | | | | | |
| 25. Split jump | | | | | | | |
| 26. Full turn jumps, both directions | | | | | | | |
| Total: | /52 | /52 | /52 | /52 | /52 | /52 | /52 |

Total points after testing. Must have at least 48 points and no more than 3 **X**'s total.

✓: mastered 2pts

✓—: almost 1pts

X: not quite Opts