



Level 1-4 Athlete Report Card



Name:

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
---------	---------	---------	---------

FLOOR

	Forward roll tucked		Forward roll straddle stand		Handstand forward roll		Stretch jump
	Backward roll tucked		Headstand lower to kneel		Round-off		Split jump
	Side Cartwheel		Arch back		Backward roll with straight arms to pike stand		Straight-arm handstand forward roll
	Candlestick		Cartwheel 1/4 turn inward				
	Bridge		Backward to pike stand		Backbend kick-over		Handstand to bridge; Back kick-over
	Leg swings		Handstand		Front leg balance		Straight leg leap (90°); leg swing with hop
	Coupé walks		Front leg balance		Forward chassé		Forward split
	Tuck jump		Split jump		Straight leg leap (60°)		Weight transfer
	Supplementary Skills		Pivot turn		1/2 turn in forward coupé (heel-snap)		Backward roll to push up position
			Forward chassé				
	Straddle presses		Supplementary Skills		Stretch jump		Round-off
	Walking with feet turned out					Tuck jump	
	Tripod balance		Straight arm backward rolls down incline mat		Supplementary Skills		Supplementary Skills
			Bridge kick-over				
			Hurdle, Cartwheel		Back Handspring down incline mat		Straight-arm back roll to handstand down incline mat
					Handstand to bridge; kick-over		Front limber
					Round-off rebound onto mat stack		Power hurdle, front handspring

VAULT

	Straight jump onto min.8" mat		Handstand block		Forward roll onto high mat stack		Jump to Handstand on mat stack
	Supplementary Skills		Supplementary Skills		Supplementary Skills		Supplementary Skills
		Running form/technique				Running form/technique	
	Handstand hops on the floor		Dive roll onto 8" mat		Handstand hold		Handspring from mat
	Handstand fall to back lying position		Squat onto stacked mats		Handstand hops onto 4" mat		3/4 front salto stretched

Name:

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
----------------	----------------	----------------	----------------

BARS

	Pullover		Pullover		Pullover		Glide swing and return
	Cast		Cast		Cast		Pullover
	Back hip circle		Back hip circle		Back hip circle		Front hip circle, small cast
	Cast push away		Cast straddle on sole circle dismount		Single leg cut forward		Cast, single leg shoot through
	Supplementary Skills			Forward stride circle		Stride circle forward	
		Floor Bar Squat On		Supplementary Skills		Single leg cut backward	
	Floor Bar Recovery Roll		Floor Bar Single Leg Cuts			Cast squat on-piked sole circle dismount.	
	Floor Bar Straddle Sole Circle		Single Knee Uprise		Supplementary Skills		Back hip circle
			Wrist Shifts			Underswing dismount	
					Glide Swings		Supplementary Skills
					Floor bar single leg squat through		Rock kips
					Inverted hollow body holds		Hollow rolls
							Hanging arch to hollow drill

BEAM

	Jump to front support		Jump to front support mount		Jump to front support		Leg swing with 1/2 turn mount
	Tuck sit		V-sit		V-sit, swing to push-up position		V-sit, swing to tuck stand
	Candlestick		Forward roll		Arabesque		Coupé walk, 1/4 turn in forward coupe (Heel-snap)
	Arabesque		Arabesque		Partial cross handstand		Straight leg leap (60°)
	Coupé walks		Leg swings		Running steps		3/4 Cross handstand
	Relevé walks		Relevé balance		Pivot turn		1/2 turn in forward coupé
	Stretch jump		Tuck jump		Split jump (30°)		Stretch jump; tuck jump
	Stretch jump dismount		Tuck jump dismount		Cartwheel to side handstand dismount		Arabesque (45°) ; Scale (horizontal)
	Supplementary Skills		Supplementary Skills		Supplementary Skills		Pivot turn
		Arabesque both legs				Whip swing to tap	
	Single leg squat to stand		Lever action		Coupé relevé holds		Supplementary Skills
	Tuck jumps off a springboard		Cross and side handstands on low beam			Cartwheel to handstand, over- balance on LB	
							Pivot turn drill on LB
							Handstand forward roll on LB