

ADVANCED SKILL CHART

Advanced 1 - Must have highlighted skills to move to Advanced 2!



REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	CONNECT SKILLS: Handstand Forward Roll Stepout Cartwheel Lock Back Extension	CONNECT SKILLS: Squat on Pullover HB Back Hip Circle		
	Back Handspring {down wedge, w/ spot}	Tap Swings	Full Turns	Handspring 1/2
	Split Jumps & Leaps	Front Hip Circle	Handspring Dismount	Handstand Flatback 1/2
	Start of Front Tuck {into pit}	Cast Long Hang Pullover	Jumps & Leaps	Arm Circle onto Wall w/ 1/2 Turn
	Front Handspring	Dead Cow {pit bar}	Start Backwalkover	
	Back Walkover (straight legs)	Kips {with trainer}	Start Aerial Round-Off Dismount	
	Front Walkover	Sole Circle {off HB}	Handstand to Tuck Jump	Handspring Finish
	Back Handspring {on trampoline}		Cartwheel Fiish	

Advanced 2 - Must have highlighted skills to Advanced 3!

REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	Front Handspring Finish	Kips {with spot}	Full Turn Finish	Handspring 1/2
	Back Handspring {on tumbl track}	Cast Swing, Dead Cow	Back Walkover	
	Back Handspring {on wedge}	Kip Drill {with noodle}	Aerial Round-Off Dismount	
	Front Tuck {with board}	Start Flyaway {into pit}	Twisting Straight Jumps	
	Roundoff Backhandspring {with spot, over 8" mat}	Start Handstand Dump Over	Front Tuck Dismount {with spot}	
	Back Tuck on Tramp {with spot}	Start of Free Back Hip Circle	Twisting Tuck Jumps	
			CONNECT SKILLS: Handstand, Cartwheel	
	Front Walkover to Finish	CONNECT SKILLS: PO to BHC to Squat On to HP to Shooting Star Dismount		

Advanced 3

REVIEW PREVIOUS SKILLS!!

	FLOOR	BAR	BEAM	VAULT
	CONNECTED SKILLS: Back Walkovers	Kip {low bar}	Back Walkover	{GO IN ORDER BELOW}
	CONNECTED SKILLS: Front Walkovers	Free Back Hip Circle	CONNECTED SKILLS: Back Walkovrs	Handspring
	CONNECTED SKILLS: Handspring Connected	Free Front Hip Circle	1 1/2 Turns {on beam}	Handspring 1/2
	Back Handspring {on floor}	Long Hang Kip	Front Walkover	Handspring Full
	Roundoff Backhandspring {Tumbl Track}	Flyaway Dismount	Round-off	Tsuck Timers
	Roundoff Backhandspring {on floor}	Cast to Handstand	Back Handspring	Yurchenko Timers
	Aerial Cartwheel		CONNECTED SKILLS: Back Handsprings	
	Front Tuck {Tumbl Track}	Straddle Back	Front Handsprings	
	Front Tuck {on floor}	CONNECTED SKILLS: Jump to high bar, Kip, Sole Circle, 1/2 Turn Catch low bar, Kip	Back Tuck Dismount	
	Back Tuck {on trampoline}		Front Tuck Dismoun	
	Roundoff Backhandspring Tuck {Tumbl Track}		Layout/ Twist Dismount	
	Roundoff Backhandspring Tuck {on floor}			