

Gymnastics Plus (skills required to advance to Intermediate)

- ___ Leap ___ Full Turn ___ Hitch Kick
- ___ Standing Dive Roll Circle Arms ...8"
- ___ T – Handstand 5 sec hold
- ___ T - Handstand 5 walks
- ___ T - Handstand to Bridge
- ___ Back Extension....wedge
- ___ Kneel CW
- ___ Hurdle Round Off ___ Power Round Off
- ___ Back Walkover
- ___ Front Walkover
- ___ Back Handspring FX
- ___ Round-off into Back Handspring...spot
- ___ Standing Back Tuck off height...spot
- ___ Standing Front Tuck off Height...spot

- ___ 3 leg lifts ___ 2 pull ups ___ 2 pike glides
- ___ V hang 3 sec
- ___ Jump to Front Support (head height straight arms)
- ___ 3 Casts Hip Rise
- ___ Jump into Sole Circle Dismount
- ___ 2 Back Hip Circles...controlled
- ___ Pull Over (chest height)
- ___ Cut over ___ Cutback
- ___ Leg Bent swing Down & Up
- ___ Font Hip Circle...stimulation

- ___ 9 Run Hurdle to Handstand Flat Fall

- ___ Skip Down (**low beam**)
- ___ T into Handstand
- ___ Cartwheel
- ___ Split ___ Straddle Jump ___ Leap

- ___ Pivot –Pivot ___ Half Turn (**high beam**)
- ___ Traveling Stretch Jumps
- ___ Forward Walk (releve')
- ___ Back Walks
- ___ Forward Roll
- ___ Front Support Swing Over to Prone to Squat