

## Gymnastics Intermediate

- \_\_\_ 5 leg lifts \_\_\_3 pullups \_\_\_3 pike glides
- \_\_\_1 captain hook \_\_\_1 window washer
- \_\_\_ Jump to front support (HH)
- \_\_\_1 Cast (med)
- \_\_\_ Pullover 2ft (HH)
- \_\_\_3 Back hip circles
- \_\_\_ Front hip spot
- \_\_\_ Cutover-stride circle-cut back
- \_\_\_ Cast to sole circle dismount
- \_\_\_ Under swing dismount

### Series

- \_\_\_ Handstand pirouette
- \_\_\_ Back extension
- \_\_\_ Front walkover
- \_\_\_ T Hand stand Front limber
- \_\_\_ Front handspring 8" skill
- \_\_\_ Round off back handspring
- \_\_\_ Round off 2 back handsprings (spot 2<sup>nd</sup>)
- \_\_\_ Standing tuck off panel (spot)
- \_\_\_ Standing front tuck panel (spot)

### Series

- \_\_\_9 run hurdle to handstand rebound flat fall  
(include proper run, arm circle hurdle)
- \_\_\_ Squat on mount
- \_\_\_ Chasse' high beam
- \_\_\_ High kicks in releve'
- \_\_\_ Stretch jump-tuck jump
- \_\_\_ Stretch jump-split jump
- \_\_\_ Leap
- \_\_\_ Cat leap
- \_\_\_ T to handstand
- \_\_\_ Cartwheel
- \_\_\_ Handstand side dismount
- \_\_\_ Cartwheel stretch jump dismount

### Series