

ULTIMATE GYMNASTICS ADVANCED BEG/PURPLE

| EVENT | SKILLS | I'm working on it! | I did it once! ALMOST THERE | I did it 3 times! STAR GIVEN |
|---------------------|--|--------------------|--------------------------------|---------------------------------|
| Vault | | | | |
| 1 | Run and squat on, no spot | | | |
| 2 | run and straddle on, no spot | | | |
| 3 | run, jump off board, straight jump stick | | | |
| 4 | Jump down from block ARM CIRCLE | | | |
| 5 | jump onto dot, straight jump up WITH arm circle | | | |
| Bars | | | | |
| 6 | chin up pullover, no spot | | | |
| 7 | 3 cast with mostly hollow body | | | |
| 8 | tummy roll to chin up hang in tuck for 3 seconds | | | |
| 9 | back hip circle with light spot | | | |
| 10 | pike hang 10 seconds | | | |
| Beam | | | | |
| 11 | releve walks (front and back) high beam | | | |
| 12 | sous sous hold 5 sec, pivot, sous sous 5 sec | | | |
| 13 | arabesques on high beam | | | |
| 14 | coupe walks with straight legs | | | |
| 15 | straight jump stick on low beams | | | |
| 16 | T, lever, T on low beam | | | |
| Floor | | | | |
| 16 | backward pike roll | | | |
| 17 | backward pike roll straight arms down wedge | | | |
| 18 | backbend on wedge | | | |
| 19 | bridge kick over on wedge | | | |
| 20 | 1 arm cartwheel | | | |
| 21 | handstand with proper split and step down finish | | | |
| 22 | headstand for 3 seconds | | | |
| 23 | coupe on toe balance for 3 seconds | | | |
| Tumble track | | | | |
| 23 | split jumps | | | |
| 24 | round off into pit | | | |
| 25 | show kill bounce/ jump then freeze | | | |
| Other | | | | |
| 26 | straddle pancake | | | |
| 27 | 20 frog jumps | | | |
| 28 | 40 sit ups | | | |
| 29 | hollow body hold 10 seconds | | | |

INSTRUCTOR

1. _____
2. _____
3. _____

Gymnast's Name: _____