

ULTIMATE GYMNASTICS Intermediate/Yellow Skill List

EVENT	SKILLS	I'm working on it!	I did it once! ALMOST THERE	I did it 3 times! STAR GIVEN
Vault				
1	bounce 3 times to handstand (spot)			
2	handstand, flat back on floor to crash mat			
3	run straight jump up onto high mat, arm circle			
4	run tuck jump and freeze, arm circle			
5	run straddle jump and freeze, arm circle			
Bars				
6	3 casts back hip circle no spot			
7	3 casts with straight body and straight arms			
8	push up sneak leg thru			
9	push up position jump squat on (floor bar)			
10	cast shoot thru with spot			
Beam				
11	straight leg releve walks on high beam			
12	sous sous, pivot, sous sous, high beam			
13	arabesque, scale, arabesque low beam			
14	sit straddle swing to push up (with spot)			
15	straight jumps on high beam			
16	split jumps low beam			
17	T, handstand low beam			
Floor				
18	backbend kick over			
19	backward pike roll straight arms on floor			
20	step hurdle cartwheel			
21	round off			
22	controlled handstand for 2 seconds			
23	handstand forward roll			
24	split leap up onto mat			
25	coupe on toe half turn			
Tumble track				
23	round off rebound freeze			
24	round off from a kneel			
25	round off, straddle jump			
Other				
26	one split			
27	20 frog jumps legs together			
28	handstand hold against wall - 20 seconds			
29	hollow body 10 sec, roll superwoman 10 sec			

INSTRUCTOR

1. _____
2. _____
3. _____

Gymnast's Name: _____