

ULTIMATE GYMNASTICS
Skills List
Advanced/ Green

| 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, no spot | | | |
| 2 | handstand hops down runway | | | |
| 3 | run bounce arm circle to handstand w/ spot | | | |
| 4 | run straight jump up on mats w/ straight legs | | | |
| Bars | | | | |
| 5 | 1 casts back hip circle no spot | | | |
| 6 | cast shoot thru | | | |
| 7 | cast squat on with spot | | | |
| 8 | squat swing around dismount into pit | | | |
| 9 | cast squat on with spot | | | |
| Beam | | | | |
| 10 | sit straddle swing to push up | | | |
| 11 | cartwheel on low beam with spot | | | |
| 12 | cartwheel to handstand low beam | | | |
| 13 | cartwheel to handstand high beam SPOT | | | |
| 14 | straight jump, split jump on high beam | | | |
| 15 | split jumps high beam | | | |
| 16 | Handstand on high beam with spot | | | |
| Floor | | | | |
| 17 | back extension roll down wedge | | | |
| 18 | backward roll to push up on wedge | | | |
| 19 | step hurdle round off rebound | | | |
| 20 | back handspring down wedge with spot | | | |
| 21 | back walk over | | | |
| 22 | front limber | | | |
| 23 | step step split leap | | | |
| 24 | full turn in coupe | | | |
| Tumble track | | | | |
| 25 | back handspring with spot | | | |
| 26 | back handspring no spot | | | |
| 27 | switch leap jump | | | |
| Other | | | | |
| 28 | 20 tuck and hollows | | | |
| 29 | 30 frog jumps | | | |
| 30 | 5 chin ups | | | |

INSTRUCTOR

1. _____
2. _____
3. _____

Name Gymnast's: _____