

ULTIMATE GYMNASTICS

Beginner/hot pink

EVENT	SKILLS	I'm working on it!	I did it once! ALMOST THERE	I did it 3 times! STAR GIVEN
Vault				
1	3 bounces squat on (no spot)			
2	3 bounces straddle on (no spot)			
3	proper run 2 foot straight jump off board			
4	Jump down from block, jump and stick!			
5	arm circle jump to dot and freeze w/ arms down			
Bars				
6	chin up pullover with light spot			
7	3 cast with legs together and belly off bar			
8	tummy roll hang in tuck for 3 seconds			
9	pullover no spot			
10	walk feet up mat and pullover no spot			
Beam				
11	releve walks (front and back) low beam			
12	sous sous hold 10 seconds low beam			
13	pivot turn in releve (low beam)			
14	arabesque low beam			
15	knee scale high beam			
Floor				
16	forward roll no hands to stand			
17	backward roll in tuck position to feet			
18	bridge on floor			
19	bridge with one leg up on wedge			
20	cartwheel with straight legs			
21	tripod for 3 seconds			
22	Handstand with spot, step down and finish			
23	hollow body roll to superwoman (3 seconds)			
Tumble track				
24	Tuck jump knees to chest			
25	straddle jump straight legs			
26	seat drop with hand off tramp			
Other				
27	chin up hang 5 seconds			
28	20 sit ups			
29	touch toes with straight legs			
30	safety roll			

INSTRUCTOR

1. _____
2. _____
3. _____

Gymnast's Name: _____