

*ALL requirements need to be met **before** the skill can be checked off*

Adv Skills

Testing

Physical Prep	
30sec dish shape hold – arms down	<ol style="list-style-type: none">1. Shoulders and legs off of ground2. Chest round3. Good leg form
30sec reverse dish shape hold – arms up	<ol style="list-style-type: none">1. Shoulders and legs off of ground2. Head looking at hands3. Good leg form
30sec handstand hold	<ol style="list-style-type: none">1. Squeezing ears and looking at hands2. Open hips3. Open shoulders4. Good form
Bridge	<ol style="list-style-type: none">1. Straight arms2. Shoulders min. over hands3. Looking at hands
10 chin ups with no assistance (hands forward)	<ol style="list-style-type: none">1. Chin over the bar2. Body straight (hips open)3. Good leg form
10 leg lifts to touch bar	<ol style="list-style-type: none">1. Chest in2. Legs completely straight, toes pointed and feet together3. Without coming down between reps
Bars	
3 tap swings, swing pullover	<ol style="list-style-type: none">1. Dish at back and front of swings2. Tapping action3. Good form
Cast, back hip circle	<ol style="list-style-type: none">1. Cast in good shape2. Head stays in for the back-hip circle3. No major pike4. Good leg form
Straddle or pike toe shoot	<ol style="list-style-type: none">1. Tight legs2. Good flight3. Controlled
Underswing	<ol style="list-style-type: none">1. Start from pushed tall position (no cast)2. Must not drop into deep pike3. Good leg form4. Head must not be chucked back

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Beam	
Cartwheel	<ol style="list-style-type: none"> 1. Correct start and finish positions 2. Good leg form 3. Tight body
Split jump	<ol style="list-style-type: none"> 1. Good leg form 2. Min 90° split 3. Arm swing 4. Must land in beam feet
Full handstand	<ol style="list-style-type: none"> 1. Correct start and finish positions 2. Both legs at vertical 3. Good leg form 4. Straight body
Passé half, half turn	<ol style="list-style-type: none"> 1. Good posture 2. Correct passé position 3. High relevé position
Floor/Vault	
Handspring on to mat in the pit	<ol style="list-style-type: none"> 1. Landing with hips forward 2. Feet together 3. Arms up, chin up
Round off, rebound	<ol style="list-style-type: none"> 1. Straight direction 2. Rebound must be immediate 3. Good shape 4. May be on tumble track
Backward walkover	<ol style="list-style-type: none"> 1. Starts on one foot, arms by ears 2. One continuous motion 3. No more than 0.1 bent legs
Handspring flatback on to 2 mats	<ol style="list-style-type: none"> 1. Straight body on contact with mats 2. Whole body landing simultaneously 3. Clearly gets height (flight)
10sec L handstand on box (pike handstand lifting one leg up)	<ol style="list-style-type: none"> 1. Toes only touching box 2. Straight body line from palms to hips (shoulders open) 3. Chest and ribs in 4. Looking at hands and squeezing ears
Bwd handspring on trampoline (can land on mat in the pit)	<ol style="list-style-type: none"> 1. Must be travelling backwards 2. Good form 3. Good shape