



# Boys Level 1

**FLOOR**

1.	Frogstand	
2.	Rock and Roll	
3.	Pony kick	

**MUSHROOM**

4.	Positions: $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ and 1/1	
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**RINGS**

5.	5 basic swings	
6.	3 sec. hanging tuck hold	
7.	Inverted hang with spot	

**VAULT**

8.	Knees up run	
9.	Deer run over foam blocks	
10.	Running sprints	

**P BARS**

11.	Bear walks fwd/bwd	
12.	Crab walks fwd/bwd	
13.	Hanging walks, outside grip	

**HIGH BAR**

14.	Hanging sideways walks, over grip	
15.	Hang $\frac{1}{2}$ turn	
16.	Support hold 3 seconds	

**TRAMPOLINE**

17.	5x stretch jump	
18.	Controlled stop, knee break	

Has successfully completed  
**BOYS LEVEL ONE**  
of the  
Gymnastics Unlimited  
Skill Testing Program

