



# Boys Level 2

FLOOR		
1.	Headstand against block	
2.	Bridge	
3.	Tripod	
MUSHROOM		
4.	Walk to: $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ and 1/1 position	
5.	Jump to $\frac{1}{4}$ position	
RINGS		
6.	Demonstrate push/pull positions	
7.	3 sec. hanging "L" hold	
8.	3 swings to inverted hang, with straps	
VAULT		
9.	Feather punches	
10.	5x straight body jumps on board	
11.	Skipping	
12.	Deer run on panels to str jump off SB	
P BARS		
13.	Tuck inverted hang, outside grip	
14.	5 sec. str support hold	
15.	3 sec. support in tuck position	

HIGH BAR		
16.	Support forward roll	
17.	Cast 3x	
TRAMP		
18.	5 stretch jumps w/ correct arm circle	

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

