

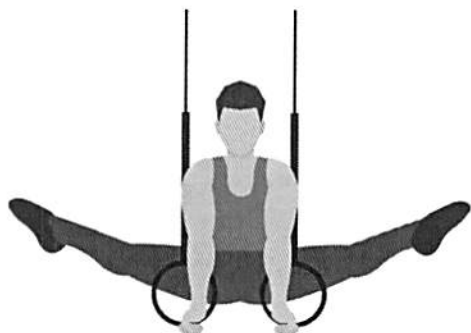


GYMNASTICS UNLIMITED

Boys Level 3

FLOOR		
1.	Fwd roll down incline	
2.	Cartwheel over block	
3.	Walk feet up wall to handstand	
4.	Handstand lead up (kick)	
5.	Candle stick	
POMMEL/MUSHROOM		
6.	1/1 circle in bucket	
7.	1/1 circle wk/rd on hands pushup pos.	
8.	Jump to ½ position	
RINGS		
9.	3 second inverted tuck hang	
10.	Skin the cat dismount with spot	
11.	1 pull-up	
VAULT		
12.	Jump to stick landing from block	
13.	Assemble' from block onto spring board	
14.	Step hurdle punch on floor to 8" mat	

P BARS		
15.	3 hanging swings, inside grip	
16.	5 support swings	
17.	Straddle "L" hold in support, 3 seconds	
18.	Straddle travels	
HIGH BAR		
19.	Hanging sideways hops, both ways	
20.	Hollow, arch, hollow from hang	
21.	Pullover drills with spot	
22.	Cast straight body 3x	
TRAMP		
23.	Tuck jump, straddle jump	
24.	Jump ½ turns, both directions	



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