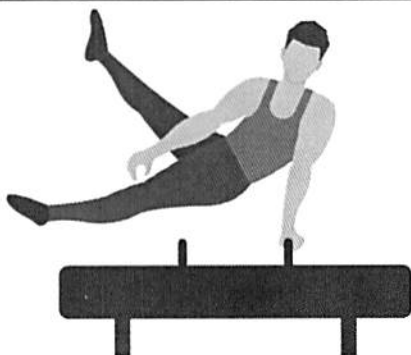




GYMNASTICS UNLIMITED

Boys Level 4

FLOOR		
1.	Forward roll on floor	
2.	Backward roll on incline	
3.	Lunge cartwheel	
4.	Headstand	
5.	Kick to handstand at wall, 3 seconds	
POMMEL/MUSHROOM		
6.	3-5 circles in bucket	
7.	2 walkarounds on hands, push-up position	
8.	Jump to $\frac{3}{4}$ position	
RINGS		
9.	Back lever, show position, no hold req.	
10.	Straight body support position, 3 sec. w/ spot	
11.	5 swings with proper ring turn	
12.	2 pull ups	
VAULT		
13.	Run hurdle punch on board to 8" mat	
14.	3x straight jumps on 3 springboards	



P BARS		
15.	"L" hold in support position, 2 seconds	
16.	Support walk	
17.	3 swings back dismount to 2-3 mats	
18.	5 horizontal support swings	
HIGH BAR		
19.	5 swings with regrasp	
20.	Support to undershoot spotted	
21.	Stem rise	
TRAMP		
22.	Seat drop w/ correct arms	
23.	Table drop bounce 3x	
24.	Jump 1/1 turn	
25.	Bwd straight body jumps down tramp	

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