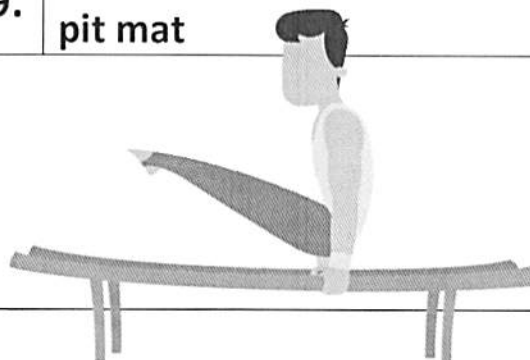




Boys Level 5

FLOOR		
1.	Handstand roll at wall	
2.	¼ cartwheel to side pos.	
3.	Side cartwheel to ¼ pos.	
4.	Backward roll on floor	
5.	¼, ¼ cartwheel	
POMMEL/MUSHROOM		
6.	Jump to 1/1 circle pos.	
7.	5-10 circles in bucket	
8.	4 mushroom walks on hands in push-up pos.	
RINGS		
9.	Flyaway	
10.	Cast	
11.	Back lever, hold 1 sec., with assist	
12.	Sup. Hold str., rings turned out 3 sec.	
VAULT		
13.	Step, kick, handstand fall flat to 8" mat	
14.	Run hurdle punch to handstand fall flat	
15.	Run hurdle punch to fwd roll on blocks	
P BARS		
16.	3 long hang swings to upper arm sup. w/ spot	
17.	Upper arm support hang Using legs, 3 sec.	

P BARS CON'T.		
18.	5 horizontal swings	
19.	Coach assisted support swing to ¾ handstand	
HIGH BAR		
20.	Pullover	
21.	Cast, undershoot, 2 swings	
22.	Cast, back hip circle w/ spot	
23.	Glide swing	
24.	3 swings hop, swing ½ turn, 1 swing	
TRAMP		
25.	Dive roll	
26.	Swivel hips lead up drill	
27.	Peanut roll, forward	
28.	Seat, table, roll	
29.	Back & front drop drill on pit mat	



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