

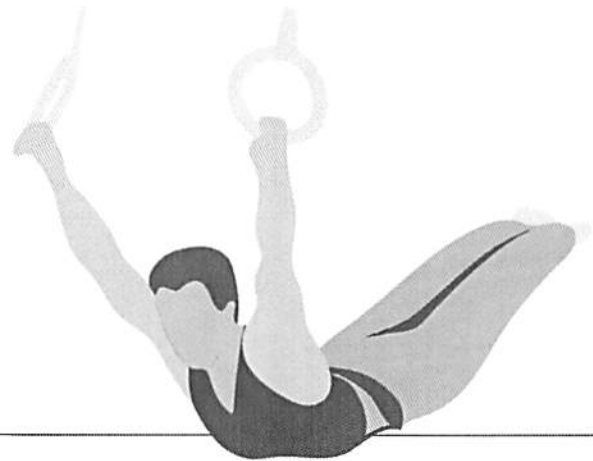


**GYMNASTICS UNLIMITED**

# Boys Level 6

FLOOR	
1.	Handstand roll down
2.	Straddle forward roll
3.	Dive roll
4.	Bwd pike roll to push up pos.
5.	Roundoff
POMMEL/MUSHROOM	
6.	Jump to 1 ¼ pos., low mush
7.	Jump to 1 ½ pos., low mush
8.	Jump to 1 ¾ pos., low mush
9.	2 circles, high mushroom
10.	1 loop on pommel floor base
RINGS	
11.	Support position tuck
12.	Muscle up drills using theraband
13.	Bwd roll w/ spot from support position
14.	Back lever, hold 2 sec. w/ assist
15.	3 swings, invert hang, pike, skin the cat
VAULT	
16.	Run, hurdle, punch spring-board, front flip
17.	Headspring
18.	Run, hurdle, punch handstand fall flat on block
P BARS	
19.	3 swings to handstand w/ assist
20.	3 up arm swings, straddle legs in front

P BARS CON'T.	
21.	Swing ¾ HS back dismount
22.	3 long hang swings, pull to 2 up arm swing
HIGH BAR	
23.	Cast, back hip cir., underswing
24.	Drop kip, kip trainer
25.	3 tap swings block off dismount
26.	Dead cow (flyaway drill)
TRAMP	
27.	Front flip
28.	Stomach drop from feet
29.	Back drop from feet
30.	Swivel hips



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