



GYMNASTICS UNLIMITED

Girls Level 1

VAULT	
1.	Jump to stick landing position
2.	Board punches with assist
3.	Running sprints
BARS	
4.	Grips mixed, fwd & bwd on low bar
5.	Straight arm jump to support, 3 casts
6.	Straight leg straddle hang
7.	Glide 1x straight legs
8.	Pullover drill laying down and mod. pullup
BEAM	
9.	Forward walk on toes (LB)
10.	Fwd. posse' walks
11.	Fwd. roll on LB with spot
12.	Lock position
13.	Handstand drills/90 d. with foot @ wall
FLOOR	
14.	Fwd. roll down hill
15.	Bwd. roll down hill
16.	Handstand lead up to lunge
17.	Bridge: 1 leg up (5 sec.) both

FLOOR CONTINUED	
18.	Fall to lunge (cartwheel drills)
TRAMPOLINE	
19.	Stretch jump with arm circle
20.	Seat drop
21.	Tuck jump
22.	Straddle jump
DANCE	
23.	Demonstrate plie' & landing plies'
24.	Forward chasse

Has successfully completed
GIRLS LEVEL ONE
 of the
Gymnastics Unlimited
Skill Testing Program

