



GYMNASTICS UNLIMITED

Girls Level 6

VAULT		
1.	Handspring (solo) over block	
2.	Handstand pop ups	
BARS		
3.	3 pull ups	
4.	5 leg lifts	
5.	Flyaway timer on low bar	
6.	Squat on jump to high bar	
7.	Front hip cast back hip	
8.	Cast toe on ½ turn	
BEAM		
9.	Handstand hold 2 sec.	
10.	Back walkover (LB)	
11.	Cartwheel stretch jump dismount	
12.	1/1 turn	
13.	180 d. leap	
14.	Eagle roll	
FLOOR		
15.	Flip flop down incline	
16.	Roundoff flip flop drill to pit	
17.	Run front handspring	
18.	Front walkover	
19.	Aerial cartwheel from folded-up mat	

TRAMPOLINE		
20.	Switch split jumps	
21.	Front flips	
22.	Back flip	
23.	Back handspring	
DANCE		
24.	180 d. leap	
25.	180 d. split jump	

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

