

GYMNASTICS UNLIMITED



Girls Level AWESOME!

VAULT	
1.	Half on
2.	Half on, half off
3.	Tsukahara drill
4.	Handspring half
BARS	
5.	Cast handstand
6.	Freehip above horizontal
7.	Freehip freehip
8.	Layout flyaway
9.	Pike sole circle
10.	Glide, peach basket
11.	Giants on strap
BEAM	
12.	Walkover Handspring
13.	Front walkover
14.	Round off
15.	Switch leap
16.	Tuck $\frac{3}{4}$ jump
17.	Punch front dismount
18.	Brani dismount
FLOOR	
19.	Front handspring front pike
20.	Back whip
21.	Back layout, half
22.	Front & side ariel
23.	Punch front layout
24.	Front step out
25.	Layout step out

TRAMPOLINE	
26.	Back full
27.	Front full
28.	Back handspring, whip
29.	Front handspring layout
30.	Front flip x's 3
DANCE	
31.	Switch side leap
32.	Straddle full jump
33.	Split full jump
34.	Double turn
35.	Tour jete full

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

