

# GYMNASTICS UNLIMITED

# Kindergym Level I

| FLOOR |                                       |
|-------|---------------------------------------|
| 1.    | Pencil roll                           |
| 2.    | Egg roll                              |
| 3.    | Roll bwd. & fwd. to stand w/ incline  |
| 4.    | Forward roll down hill                |
| 5.    | Cartwheel drill over box (both sides) |
| 6.    | Bridge w/ hips off floor              |
| BARS  |                                       |
| 7.    | Skin-the-cat on rings                 |
| 8.    | Jump to fwd. support                  |
| 9.    | Hang in toe-on (5 secs.)              |
| 10.   | Glide swing w/ straight legs 3x       |
| 11.   | Safety drop                           |
| 12.   | Bear walks on P-bars                  |
| BEAM  |                                       |
| 13.   | Walk forward                          |
| 14.   | Walk sideways                         |
| 15.   | Jump off to stick position            |
| 16.   | Grapevine front                       |

| LOCOMOTOR  |                                    |
|------------|------------------------------------|
| 17.        | Run forward                        |
| 18.        | Jump left, right, fwd. & bwd.      |
| 19.        | Pos: tuck, straddle, pike, stretch |
| 20.        | Galloping forward                  |
| 21.        | Ladder across                      |
| TRAMPOLINE |                                    |
| 22.        | Control bounce: knee, break, stop  |

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

