

GYMNASTICS UNLIMITED

Kindergym Level 2

FLOOR	
1.	Forward roll
2.	Bwd. roll down hill
3.	Cartwheel over box (both sides)
4.	Handstand (10 sec.) belly toward wall
5.	Bridge/hips and shoulders
BARS	
6.	Pullover drill w/incline (w/spot)
7.	Jump to support, switch hands, roll fwd.
8.	Hang ½ turn 2x
9.	3 casts
10.	Skin-the-cat on rings
11.	Table on Pbars
BEAM	
12.	Leg over mount
13.	Walk forward on toe
14.	Walk bwd. flat foot
15.	Bunny hops
16.	Bear walks
17.	V-sit

LOCOMOTOR	
18.	Galloping sideways
19.	Scale (hold 3 sec.)
20.	Hop on one foot 5x
21.	Step, assemble' into circle
22.	Stand up w/ no hands
TRAMPOLINE	
23.	Seat drop

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

