

Level 3 Skill Sheet

Vault	Floor
Straight jump on to large panel mat & small panel mat from board	Back bend
Run on tramp, forward roll over small red wedge on to resi	Backward roll to push up position
Running hurdle punch handstand plop with spot from mini tramp	Bridge kick over on floor
Running with speed and form	Back Handspring down wedge with spot
Bars	Strength
3 chin ups with light spot	Half turn
Chin pull over	Handstand forward roll
3 casts to hollow position	Handstand hold for 2 seconds
3 leg lifts to bar	Handstand to bridge
3 regrips	Running round-off
Cast back-hip circle	
Glide swing with toes to the bar	
Beam	Tramp
3/4 handstand on jr beam	Squat jumps (10)
handstand L hold, lift one leg 5 seconds	Hollow hold (10 seconds)
Side handstand on low beam	Plank hold (on fore arms) 10 seconds
Cartwheel on low beam	
Coupe, posse walks in releve	
Heel snap turn	3 jumps to stick on 2 8 inch mats
Leap on floor beam	Dead dog bounce
Levers on high beam	Seat drop, half turn, seat drop (no using feet)
Split jump on low beam	
Tuck jump on low beam	

