

Level 4 Skill Sheet

Vault	Floor
Straight jump to block from board	Front handspring
Front handspring on tramp resi	Backbend kickover
Handstand plop onto big resi	Backward roll pike (extended)
Running with speed and form	Back Handspring with spot on floor
Bars	Front limber
Tap swings	Round off backhandspring with spot
3 casts in a row in hollow	
5 chin ups	
5 leg lifts to bar	
Cast back hip circle (one cast)	Strength
Front hip circle with spot	Lunge jumps
Glide kip with spot	Hollow rocks (20 seconds)
Beam	Plank hold wiggles (20 seconds)
Half turn	
3/4 handstand on high beam	
Cartwheel on JR beam	
Coupe, posse, extend	Tramp
Leap on JR beam	3 jumps up to resi pit
Roundoff dismount off end of beam	Back drop from one leg
Side handstand on high beam	Bell drop from dog position
Split jump on JR beam	
Tuck jump on JR beam	

