

SKILLS WORKED AT EACH LEVEL
*Starred skills required to move up to next level

Advanced Beginner / USA Gymnastic Level 1-2	Low Intermediate / USA Gymnastic Level 1-2	High Intermediate / USA Gymnastic Level 3	Low Advanced / USA Gymnastic Level 4	Advanced / USA Gymnastic Level 5
Front Tuck Roll	Splits	Splits (1)	Splits (2)	Splits (3)
Front Straddle Roll	*Back Pike Roll	Straight Arm Handstand Roll Down	Handstand Full Pirouette	Handstand Full Pirouette
Front Pike Roll	Headstand	Handstand ½ Pirouette	Straddle Press Handstand	Straddle Press Handstand
*Back Tuck Roll	Handstand Roll Down	*Bent Arm Back Extension Roll	Straight Arm Back Extension Roll	*Straight Arm Back Extension Roll
Back Straddle Roll	Running Cartwheel	Round-off Rebound Back Extension Roll	Right & Left Back Walkover	Double Scissor Back Walkover
Back Pike Roll	One Arm Cartwheel	Round-off, Full Turn Rebound	Right & Left Front Walkover	Double Scissor Front Walkover
*Handstand Roll Down	Running Round-off, Back Roll to	*Back Walkover	Valdez	One-Arm Front Walkover
*Cartwheel	Running Round-off, Jump ½ Turn	*Front Walkover	Front Handspring Step-Out	Step-Hop Aerial
One Arm Cartwheel	*Front Limber	*Layout Front Handspring	*Round-off Back Handspring, Series of 3	*Aerial Series of 3
Running Cartwheel	*Back Kick Over	Valdez	*Standing Back Handspring	Barani
*Round-off	*Front Handspring	Standing Back Handspring	Back Walkover Back Handspring	Front Handspring Step Out To Layout Front Handspring
Running Round-off	*Pull Over (Bars)	*Round-off Back Handspring	*Round-off Back Tuck	
Bridge	Back Hip Circle (Bars)	Side Aerial	*Running Side Aerial	
Back Bend	*Cartwheel on Low (Beam)	*Back Hip Circle (Bars)	*Squat On (Bars)	
*Back Bend Pull Up	*Round-off Dismount (Beam)	*Cast Sole Circle Dismount (Bars)	*Long Hang Pull Over (Bars)	
*Casting in Front Support (Bars)	*Squat On (Vault)	*Cartwheel on High (Beam)	Mill Circle (Bars)	
Pull Over (Bars)	*Straddle On (Vault)	*Front Handspring Dismount (Beam)	*Full Turn (Beam)	
Cartwheel (Beam)		Cartwheel to Handstand Dismount (Beam)	*Back Walk Over on Low (Beam)	
Straddle On (Vault)		*Squat Over (Vault)	*Barani Dismount (Beam)	
Squat On (Vault)		*Straddle Over (Vault)	*Layout Squat (Vault)	
			Front Handspring (Vault)	

*Starred skills are required in order to move up to next level.