

INTERMEDIATE SKILL CHART

Intermediate 1 - Must have highlighted skills to move to Intermediate 2!



REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	BEAM	VAULT
Start of Back Extension	Squat on w/ spot REC LOW BARS	Tuck Jumps	Arm Circles
Dive Roll	Glide Swings / Regrasp {with Trainer}	Front Support Mount	Punching Spring Board
Full Turns	Jump to front support {with straight arms}	Handstand on LOW BEAM	
Jumps/ Leaps	Leg Lifts	Cartwheel on LOW BEAM	
Back Walkover on Barrel	Chin Ups	Start of Round-Off Dismount	
Handstand Forward Rolls			
Bridge Kickover from floor	Start of Shooting Star Dismount		Dive Roll w/ flight
Backbend onto mat	Pullover Back Hip Circle	1/2 Turns	Handstand Flat Back

Intermediate 2 - Must have highlighted skills to move to Intermediate 3!

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	BEAM	VAULT
Cartwheel Lock	Front Hip Circle w/ Trainer	Leaps	Arm circle onto Wall
Start of Front Handspring		Handstand	Handstand off vault {with spot}
Full Turns		Cartwheel	
Connect Skills Together			
Jumps/ Leaps			
Back Extension Off Panel Mat			
Handstand Forward Rolls to walkout			
Backbend to Kickover	Pullover Back Hip Circle	1/2 Turn to Finish	Handstand Flat Back
Running Round-Off	Shooting Star Dismount	Round-Off Dismount	Handspring over Barrel

Intermediate 3 - Must have highlighted skills to move to Intermediate 4!

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	BEAM	VAULT
Back Extension to Finish	Start of Front Hip Circle	Leaps	Arm Circles to Handstand
Front Handspring {over mat spot}	Start of Kip {with trainer}	Jumps	Handsprings Off Block {into pit}
Full Turns	Tap Swings	Start of Full Turns	Spring Board Push Up {with block}
Jumps	Start Casting off High Bar	Start of Back Walkovers	
Leaps			
CONNECT SKILLS: Handstand Forward Roll Walkout Cartwheel Lock	CONNECTED SKILLS: Squat On Reach to High Bar High Bar Pullover {with spot}	Start One Handed Round-Off Dismount	
Backwalk Over	Shooting Star Dismount	Cartwheel Finish	
Start of Front Limber		Handstand to Jump	Handstand off Vault {with block}

Intermediate 4 - Must have highlighted skills to move to Advanced 1!

REVIEW PREVIOUS SKILLS!!

FLOOR	BAR	BEAM	VAULT
Front Handspring {over mat}	Cast Off High Bar	Start Front Handspring Dismount	Heel Drives
Start of Back Handspring {over barrel}	Front Hip Circles	REVIEW SKILLS	REVIEW SKILLS
Full turns	Tap Swings		
Jumps	Glides		
Leaps	REVIEW SKILLS		
Connect Skills Together			
REVIEW SKILLS			
CONNECT SKILLS: Handstand Forward Roll Walkout Cartwheel Lock to Back Extension		One Hand Round-Off Dismount	
Back Walkover to Finish	Squat-on Pullover High Bar	CONNECT SKILLS: Handstand to Cartwheel	
Front Walkover	Back-Hip Circle High Bar	Full Turns	Handspring off Vault into pit