



# MJCCA Gymnastics

## Level 3 Skills Sheet

Name: \_\_\_\_\_

Event	Skills	I'm working on it!	I did it once! Almost there	I did it three times!
<b>Vault</b>				
1	forward roll onto mat stack (waist height)			
supplementary	running form/technique			
supplementary	handstand holds			
supplementary	handstand hops onto 4-inch mat			
<b>Bars</b>				
1	mount: back hip pullover			
2	cast			
3	back hip circle			
4	single leg cut forward			
5	forward stride circle			
6	single leg cut backward			
7	cast, squat on, pike sole circle dismount			
supplementary	glide swings			
supplementary	floor bar single leg squat			
supplementary	inverted hollow body holds			
<b>Beam</b>				
1	jump to front support mount			
2	v-sit, swing to push-up position			
3	arabesque			
4	partial cross handstand			
5	running steps			
6	1/2 (180°) pivot turn			
7	split jump (30°)			
8	cartwheel to side handstand dismount			
supplementary	arm technique for leaps and jumps			
supplementary	coupe, releve holds			
supplementary	cartwheel to handstand on low beam			
<b>Floor</b>				
1	handstand forward roll			
2	round-off			
3	backward roll with straight arms to pike stand			
4	backbend kick-over			
5	front leg balance			
6	forward chasse right			
7	straight leg leap (60°)			
8	1/2 (180°) turn in forward coupe (heel-snap)			
9	stretch jump, tuck jump			
10	pose			
supplementary	flic-flac (back handspring) down incline mat			
supplementary	handstand to arched position on elevated surface; back kick-over			
supplementary	power hurdle, round-off over stacked panel mat-rebound onto elevated mat surface			