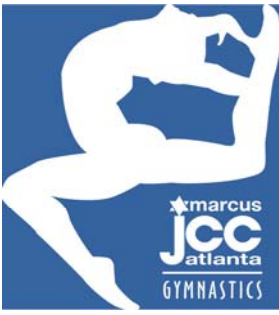


MJCCA Gymnastics

Level 4 Skills Sheet

Name: _____

Event	Skills	I'm working on it!	I did it once! Almost there	I did it three times!
Vault				
1	jump to handstand onto a raised mat surface (minimum of 32")			
supplementary	handspring over stacked skill cushions turned			
supplementary	handspring from elevated surface			
supplementary	3/4 front salto stretched onto stacked skill cushions			
Bars				
1	mount: glide and return, back hip pullover			
2	front hip circle, small cast			
3	cast, single squat leg squat through			
4	forward stride circle			
5	single let cut backward			
6	cast			
7	back hip circle			
8	underswing dismount			
supplementary	rock kips			
supplementary	hollow rolls			
supplementary	hanging arch to hollow drills			
Beam				
1	leg swing mount with 1/2 (180°) turn			
2	v-sit, swing to tuck stand			
3	coupe walk, 1/2 (180°) turn in forward coupe (heel-snap turn)			
4	straight leg leap (60°)			
5	pose			
6	3/4 handstand in cross position			
7	leg swing			
8	1/2 (180°) turn in forward coupe			
9	fish pose			
10	stretch jump, tuck jump			
11	pose, releve steps			
12	arabesque (45°); scale (at horizontal)			
13	1/2 (180°) pivot turn			
14	bow			
15	cartwheel to side handstand, 1/4 (90°) turn dismount			
supplementary	series of split jumps on a spring surface			
supplementary	pivot turn drill on low beam			
supplementary	handspring forward roll on low beam			



MJCCA Gymnastics

Level 4 Skills Sheet

Name: _____

Event	Skills	I'm working on it!	I did it once! Almost there	I did it three times!
Floor				
1	arm wave			
2	small bounces			
3	stretch jump; split jump			
4	handstand forward roll with straight arms			
5	1/4 (90°) pivot turn			
6	side chasse with 1/4 (90°) turn, 1/2 (180°) pivot turn			
7	handstand to bridge, back kick-over			
8	straight leg leap (90°), leg swing with hop			
9	slide to floor, 1/2 (180°) turn			
10	forward split			
11	1/2 (180°) floor turn to stand			
12	prance steps			
13	weight transfer			
14	backward roll to push-up position			
15	1/2 (180°) turn in forward coupe			
16	round-off, flic-flac(backhandspring) to two feet, rebound			
17	pose			
supplementary	dive roll on elevated mats			
supplementary	straight-arm backward roll to handstand down an incline mat			
supplementary	front limber			
supplementary	power hurdle, front handspring			