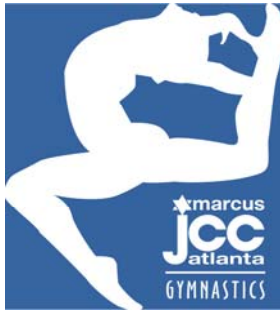


MJCCA Gymnastics

Level 6 Skills Sheet

Name: _____

Event	Skills	I'm working on it!	I did it once! Almost there	I did it three times!
Vault				
1	handspring vault			
supplementary	handspring to stacked mats to back lying position			
supplementary	handspring repulsion drill			
supplementary	front salto stretched			
Bars				
1	mount: straddle or pike glide kip			
2	cast to a minimum of 30° above horizontal			
3	clear hip circle to a minimum of 30° above horizontal			
4	straddle or pike glide kip			
5	cast, squat or pike on, or cast, 360° backward sole			
6	jump to long hang kip			
7	cast to a minimum of 30° above horizontal			
8	long hang pullover			
9	underswing; first counterswing (a minimum of 15° below horizontal)			
10	tap swing forward; second counterswing			
11	tap swing forward to tuck, pike or stretched flyaway			
supplementary	cast to clear pullovers (baby giants)			
supplementary	strap giants			
Beam				
1	scissor leg swing mount with 1/2 (180°) turn			
2	v-sit			
3	coupe, side developpe, ron de jambe			
4	1/2 (180°) turn in forward coupe (heel-snap turn)			
5	straight leg leap (120°)			
6	pose			
7	weight transfer			
8	back walkover or backward roll to a minimum of 3/4 handstand			
9	leg swing			
10	1/2 (180°) pivot turns (left & right)			
11	1/4 (90°) turns, fish pose			
12	1/1 (360°) turn in forward passe			
13	cross pose			
14	tuck jump; split jump (120°)			
15	pose, releve steps			



MJCCA Gymnastics

Level 6 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	1/2 (180°) turn			
3	small bounces			
4	straddle jump (150°); stretch jump with 1/2 (180°) turn			
5	flic-flac step out			
6	ball change			
7	front salto tucked			
8	side chasse with 1/4 (90°) turn, passe hop with 1/2 (180°) turn			
9	front handspring step-out; front handspring to two feet rebound			
10	running steps			
11	curved running steps			
12	straight leg leap (150°); side leap (150°)			
13	slide to floor, 1/2 (180°) turn			
14	forward split			
15	225° floor turn to stand			
16	prance steps			
17	weight transfer			
18	1/2 (180°) outward turn in forward passe			
19	straight-arm backward roll to handstand			
20	kick, quick steps, curtsy, poses			
21	1/1 (360°) turn in forward passe			
22	hitchkick			
23	swing 1/2 (180°) turn			
24	back walkover			
25	round-off; flic-flac; backward salto tucked			
26	pose			
supplementary	front handspring; flyspring			
supplementary	front salto piked on trampoline or tumble-track			