

Level 2 Skill Sheet

Vault	Floor
Run, step, arm circle, rebound	1/4 turn 1/4 turn
Handstand plop on to mini resi	Back bend onto raised surface
Run punch pike forward roll to resi	Backward pike roll on wedge
Running with speed	Handstand to vertical against wall
Straight jump from board to large panel mat	Bridge kick over down/off wedge
Bars	Lunge, cartwheel, lunge
Hanging hollow, arch, hollow	Split jump
3 casts in a row	Standing round-off off panel mat
5 pike ups	
Cast back hip circle with spot	Strength
Chin hold (10 seconds)	Arch ups (hold 3 seconds, do 5)
Chin pullover with block	Hollow hold (feet up, lift shoulders, 15 seconds)
Glide swing return	Plank hold push up position (20 seconds)
Beam	Squat with 1 or 2 pit cubes (7 total)
Levers on junior beam	
5 straight jumps in a row with correct arms	Tramp
Cartwheel on foam floor beam	3 jumps to tuck jump, stick on 8 inch
Coupe walks, posse walks (flat foot)	Dog bounce
Handstand L hold (5 seconds)	3 jumps to STOP on tramp
Handstand on floor foam beam	Seat drop, bounce half turn, seat drop, repeat
Leg swings	