

Skill Chart Instructional Level 2

Class Day & Time:

Student Names:

Floor

Push Forward Roll to Standing

Backward Roll to Standing

Handstand (Hold 2 Sec)

Handstand Forward Roll

Handstand Bridge

Hurdle Round Off

Back Bend

Bridge Kick-Over

1/2 Turn

Chasse Forward, Left & Right

Candlestick Arms By Ears

Hollow + Arch Log Rolls On Cheese Mat

Vault

Handstand Flatback On 3 "8 Mats

Step Hurdle Punch

3/4 Handstand Against Wall

Handstand Flatback On Whale Mat

Bars

10 Sec Front Support Hold

10 Sec Cast Shape Hold w/
Lowered Bar

Cast 45 Degrees

Pull-Over (Bar Same Height As
Them)

Back Hip Circle

Cast-Off Dismount

Shooting Star Dismount

Jumping Squat on

Leg Cuts Both Ways

Beam								
Swing To Squat-On Mount								
L-Handstand								
Lever								
Stretch Jump To Plie								
Pivot Turn								
Cartwheel To Handstand Dismount								
Round-Off Dismount								
Inch-Worms								
Kneeling On Beam								
Walks: Sideways Releve, Backwards								