

Girls Level 4

Name		Needs work	Good	Move UP
Floor	Straddle Jump (120*) Straight jump ½ turn			
	Front handspring to 2 feet, rebound			
	Sissone (120*), chasse, spit leap (120*)			
	Full turn (360*)			
	Back walkover			
	Round off, backhandsprings (2), rebound			
Bars	Mount; glide kip (straddle or pike)			
	Cast, squat on			
	Long hang kip			
	Back hip circle on high bar			
	Under swing, counter swing, tap swing,			
	2 nd counter swing, ½ turn			
Beam	Cartwheel			
	Rond de jambe, arabesque, scale			
	Split leap 120*, releve, "lock" stand			
	Cross handstand (hold 1 sec.)			
	Split jump (120*), Straight jump			
	½ turn (180*)			
	Cartwheel to side handstand (1 sec.), ¼ turn			
Vault	Front handspring			

All skills need to be learned in order to move up to next level