

Girls Level 3

Name:		Needs work	Good	Move UP
Floor	Split jump (90*), straight jump			
	Handstand, bridge, kick over			
	Handstand, forward roll, straight arms			
	Chasse split leap (90*)			
	Backward roll to push up, straight arms			
	Round off back handspring, rebound			
Bars	Mount: glide swing (pike or straddle)			
	Front hip circle to cast			
	Single leg shoot thru			
	Stride/mill circle, straight legs			
	Back hip circle to under swing dismount			
Beam	Cross Handstand (no hold)			
	Ronde de jambe to arabesque			
	Split leap (90*)			
	Straight jump, straight jump			
	Pivot turn, pivot turn (high releve)			
	Heal snap turn (180*)			
	Cartwheel to side handstand, ¼ turn (no hold)			
Vault	Jump to handstand to straight body fall			

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