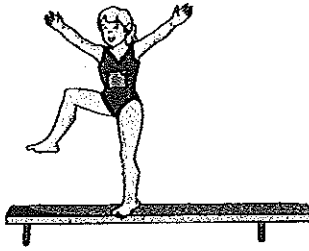


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Girls' Stage I Skill Sheet:

Vault	Bars	Beam	Floor	Dance	Trampoline
Proper Run†	Swing (regular and with turns)†	Varied Walking in Releve†	Basic Gymnastics Positions	Scales	Controlled Bounce†
Proper Board Technique†	Casting†	Pivot Turn†	Forward Roll†	Jumps	Seat Drop
Squat On†	Pullover†	Scales†	Backward Roll†	Jump Turns†	Dog Drop
Proper Landing	Cast Back Hip Circle	V-Seat, Swing Up	Handstand†	Step Turns†	Bounce with Turns
Handstand	Sole Circle†	Dismount with Proper Landing	Cartwheel†	Chasse	Dog Drop Forward Roll
	Climb to High Bar†	Jumping	Back Limber	Skipping†	Seat Drop to Back Drop†
	Swing Pike Over	Step ½ Turn	Bridge Kick Over	Leaps	Full Turn†
	Pendulum Swing	Straight Jump†	Roundoff		

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Girls' Stage II Skill Sheet:

Vault	Bars	Beam	Floor	Dance	Trampoline
Proper Run and Approach	Pullover, Cast	Varied Walking in Releve	Handstand†	Scales†	Seat Drop to Back Drop†
Proper Board Technique	Cast Back Hip Circle†	Pivot Turn	Handstand Forward Roll	Position Jumps	Fuzzie Roll
Handstand to Flat Back on Resi	Underswing Dismount†	Step ½ Turn†	Handstand to Bridge†	Jump Turns	Dog Drop Forward Roll
Front Handspring with Assistance†	Tap Swing†	Scales	Back Extension Roll	Step Turns†	Seat Drop to Dog Drop†
	Swing ½ Turn	Mount: Front Support, Swing Leg Over, V-Seat, Straddle, Swing Up to Squat, Stand†	Cartwheel	Chasse	Seat Drop Turn Seat Drop
	Pendulum Swing Up	Varied Jumps	Back Limber†	Leaps†	Dog Drop to Handstand
	Sole Circle Dismount	Leaps	Back Bend Kick Over†		Jump Full Turn†
	Swing Pike Over†	Roundoff Dismount†	Roundoff†		Back Drop
	Glide Swing†	Cartwheel on Low Beam†	Handstand Pirouette		
	Single Leg Shoot Through	Squat On Mount	Front Limber		
	Glide Kip	Tuck Jump†	Back Walkover		
			Back Handspring		
			Front Handspring		

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Girls' Stage III Skill Sheet:

Vault	Bars	Beam	Floor	Dance	Trampoline
Proper Run and Approach	Glide Swing†	Straight Jump, Split Jump†	Handstand Forward Roll†	Step Full Turn†	Back Drop†
Proper Board Technique	Tap Swing	Split Leap†	Back Extension Roll†	Split Leap†	Back Fuzzie Roll
Handstand to Flat Back on Resi	Front Mill Circle†	Pivot Turn	Front Limber†	Waltz Steps†	Back Handspring†
Front Handspring†	Front Hip Circle†	Step ½ Turn in Releve†	Back Walkover†	Jump Full Turns	Back Tuck
	Back Hip Circle†	Squat Turn†	Roundoff	Chasse (Forward and Backward)†	Seat Drop Turn Seat Drop
	Single Leg Shoot Through†	Side Handstand	Back Handspring†	Jumps	
	Underswing Dismount†	Cartwheel	Front Handspring	Jump ½ Turn†	
	Glide Kip	Cross Handstand†	Roundoff Back Handspring†		
	Tap Swing ½ Turn	Side Handstand ¼ Turn Dismount†	Handstand Pirouette		
	Cast Squat On				

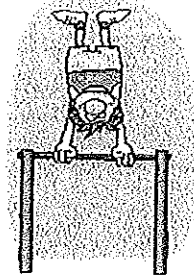
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Boys' Stage I Skill Sheet:

Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar	Trampoline
Basic Positions	Squat Over	Basic Swing†	Board Skills†	Basic Swings (all 3)†	Swing with Re-grip†	Controlled Bounce†
Forward Roll†	Flank Over	Inverted Positions	Squat On†	Straddle Travel	Swing ½ Turn†	Seat Drop†
Backward Roll†	Single Leg ½ Circles†	Inlocate	Handspring	Flank Over†	Swing Pike Over	Dog Drop†
Headstand	½ Circle Travel†	Arm Support†		Front and Back Uprise	Pullover†	Dog Drop Forward Roll
Handstand†	Scissors (Modified)	Shoulder Stand		Shoulder Stands on Low P-Bars	Casting	Jump Full Turn
Cartwheel†	Mushroom Circles	German Hang		Front Support ½ Turns	Cast Back Hip Circle	
Roundoff	Single Leg Cuts†				Sole Circle	
Jump Turns						
Dive Rolls						
Scales						
Kick Turns						
Back Bends						

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Boys' Stage II Skill Sheet:

Floor	Pommel Horse	Rings	Vault	Parallel Bars	High Bar	Trampoline
Handstand Forward Roll†	Squat Over	Basic Swing	Board Skills	Basic Swings (all 3)	Swing with Re-grip	Controlled Bounce
Headstand Push to Bridge	Flank Over	Inverted Positions	Squat On	Shoulder Stand Forward Roll to Upper Arm†	Swing ½ Turn	Seat Drop
Cartwheel	Single Leg Circles	Inlocate†	Handspring†	Moy Swing from Spring Board	Swing Pike Over†	Dog Drop
Roundoff†	½ Circle Travel	Dislocate		Back Uprise	Pullover	Full Turn†
Jump Full Turns†	Scissors (Modified)	Flyaway		Handstand on Low P-Bars	Casting	Back Handspring†
Dive Roll	Mushroom Circles	Arm Support with L-hold†		L-Support	Cast Back Hip Circle	Back Tuck
Scales	Loop with Pommel Removed†	Shoulder Stand		Basic Swings to Flank Off†	Sole Circle	
Kick Turns	Double Leg 1/1 Circle (Mushroom)†	German Hang		Underarm Swing Straddle Up†	Pullover, cast back hip circle, under-bar shoot, counterswing, ½ turn dismount†	
Back Limber	False Scissors†	Back Uprise				
Back Handspring†		Basic Swing to Inverted Layout†				
Front Handspring						

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