



Gymnastic Skills must be learned before moving to the next level

Level 1 USA Gymnastics Junior Olympic Performance Chart Level 1

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<ul style="list-style-type: none"> - Stretch jump to handstand onto a minimum of a 16" Mat Stack - Handstand fall to straight lying position 	Back Hip Pullover Mount, Cast, Back Hip Circle (Cast, Straddle-on, Sole Circle Dismount) OR (Under-swing Dismount)	<ul style="list-style-type: none"> - Jump to Front Support - Pike Lying Position - Releve Balance - Arabesque (30degrees) - Forward Leg Swings - Lever - Leg Balance in Forward Passe - Stretch Jump - Cartwheel to ¾ Side Handstand Dismount 	<ul style="list-style-type: none"> - ¾ Handstand - Cartwheel ½ (90 degrees) turn inward - Back Roll Tucked - Candlestick - Forward Roll Tucked - Forward Passe Balance - Forward - Chasse, Split Jump (30 degrees)

