

Move-Up Requirements

At each level of our program, we use many horizontal progressions and drills. These strengthen and better equip students to achieve the following basic skills required to move to the next level. Skill Evaluations are valid for 120 days past the eval date, if your child is waitlisted or takes a break from gymnastics before enrolling in their new level.

1st-5th Grade Girls Program

Intermediate Skill Evaluation Requirements (Mini Flip/Flip)

Vault: Good hurdle; forward roll and straddle on.

Bars: Walk up wall, kickover to front support; Jump to sole circle swing w/straight legs; Glide swing with roller; Fwd. roll to tuck hang; Jump to front support, 3 casts to front support.

Beam: Lever down & back to lunge; Stretch Jump on low beam; Straight leg walks fwd/bwd; Pivot turn; Front support Safe Mount/Safety fall.

Floor: Cartwheel thru vertical; Handstand Hold against cheese (3 seconds); Bridge kickover off green block; Fwd and bwd roll to feet on floor w/correct technique; Safety fall bwd and fwd shoulder; Back walkover over roller; Stretch Jump.

Intermediate/Advanced Skill Evaluation Requirements (Aerials)

Vault: Jumpy Uppy; Jump to straight arm fwd roll.

Bars: Pullover above head; 1 Cast back hip circle; 3sec. L hang on low bar; Jump to straddle sole circle dismount; Front support push to knee hold 3 sec.; Glide Swing with sliders.

Beam: Passe hold 2 sec.; Lever hop to lunge; Releve walks fwd./bwd. w/straight legs; Round off dismount thru vertical; Stretch jump on low/med beam.

Floor: Straight arm fwd. roll; Vertical HS hold; Handstand fwd. roll; Straddle up to handstand; Bridge kickover on floor; Bwd roll to pike stand; Cartwheel step together thru vertical; Back handspring to handstand over the roller to prone fall.

Advanced Skill Evaluation Requirements (Springers)

Vault: Handstand flat fall; Knee drop handstand on tumble trak; Front tuck off TT.

Bars: Glide swing; 1 chin up; 2 straight leg lifts; Under swing dismount; Press to knees and step up or cast squat on; Chin Up Pullover/Cast back hip circle connected.

Beam: $\frac{3}{4}$ handstand to lunge; Cartwheel to handstand dismount; $\frac{1}{2}$ turn; split jump.

Floor: HS straight arm fwd roll; Round off thru vertical; Backlimber kickover or Back walkover; Straight arm bwd roll to front support; Backhandspring (cheese or TT); $\frac{1}{2}$ turn; split jump.

1st-5th Grade Boys Program

Bumblebees to Mini Eagles

General: Follows directions, stays on task.

Bars: Pullover at chest height to front support; Forward roll to tuck hang.

Floor: Reasonable cartwheel attempt; Handstand to vertical; Reasonable bridge; Fwd and bwd roll; Straddle travels.

Rings: Skin the cat.

Intermediate/Advanced Skill Evaluation Requirements (Falcon/Hawk)

Bars: Pullover (shoulder height bar); Regrasp swings; Fwd. roll to chin up tuck.

Floor: Cartwheel with reasonably straight legs; Good handstand; Bridge kickover off green block; Dive roll over mailbox to cheese; Handstand fwd roll (pause in handstand); Safety fall bwd and fwd shoulder; Back walkover over roller.

Parallel Bars: 3 swings to rear dismount (touching bar ok); Front support walks;

Rings: 8 sec. chin-up hold; Inverted hang; Skin the cat.

Side Horse: Leg cuts (sitting after cut is ok).

Strength: 10 good push – ups; 45 sec V-hold; 30 sit ups in 60 sec (feet held); rope climb 1/2 way up with legs.

Trampoline: Front drop; Basic shapes (tuck, straddle, pike); Seat drop doggie drop to feet.

Flying Ninja Program 1st through 5th Grade

Flying Ninja 1 to Flying Ninja 2

Strength: Rope climb; 10 push-ups; 1 long hang chin-up

Bars: Monkey walks/ape swings; forward roll; jump, swing, stick; squat on, jump off

Beam: Jump off beam and roll; step vault over beam; forward roll; bear walk, backward walk

Floor: Dive forward roll; squat push through; climb up onto head high mat; broad, stride, stride, broad stick; box jump-hip height, forward/backward shoulder roll; body length broad jump; 2 step wall run

Tiny Tot Program 4 Years-Kindergarten

Cricket to Bumblebee Skill Evaluation Requirements

Follows directions, stays on task. **FLOOR:** Fwd roll on floor to hands up; Bwd roll (small cheese mat to feet); Teeter-hop-totter to lunge; Safety fall bwd; Straight arm bwd to bear over roller; bwd to bear off trap; monkey jump from feet to feet. **BARS:** Walk up wall pullover to f. support, feet to block ok; Front support fwd roll on low bar; Turtle hang; Bell Swing with straight legs. **BEAM:** Bear walk on low beam; Releve walks on low beam; Walk on high beam and jump to feet; Safe mount, safety fall off beam.

Bumblebee to Hummingbird Skill Evaluation Requirements

Follows directions and has a good work ethic. **FLOOR:** Straight leg cartwheel through vertical; Handstand against cheese, hold for 3 seconds; Safety fall fwd/bwd; Fwd roll to feet on floor w/ armsup; Bwd roll to squat on floor; Bridge with straight arms and shoulders over wrists; Run-hurdle-land; Moving consecutive position jumps. **BARS:** 3 straight arm casts to f. support; Jump to bell swing with straight legs; Fwd roll to tuck hang on high bar; walk up the wall kick over to front support; 5 second L hang on low bar. **BEAM:** Safety fall; Releve walks on high beam; Pivot turn; Candlestick roll w/red mat on high TT beam; Safe mount on high beam.