

EVENT MOVEUP TO XCEL SILVER SKILLCHART	
VAULT	Handstand, flat-back onto 24" stack, straight body
	Conceptual understand of a block
	Handstand-hop (block) on floor
	Proper running form (speeds up, arm angles, etc)
	Attempts block in vault
BARS	Pullover
	Glide swing, snap toes to bar
	Back hip-circle, hollow, bar mid thigh
	Squat-on on low bar
	Straight leg toe-on dismount
	Drop kip, conceptual understanding
	Tap swing, demonstrates control of hollow, arch, hollow
	Cast to handstand with spot, straight arms, hollow body
	Cast 15 below horizontal, hollow body
BEAM	"T" and lever on both legs
	Handstand on high beam
	Bridge on high beam
	Bridge, kick-over on low beam
	Cartwheel to handstand, vertical
	Swing to pushup mount
	Pivot turn
	Leap to 90 degrees
	Split jump to 90 degrees
	Straight leg kicks forward, horizontal
	Straight leg kicks backward
	FLOOR
Backward extension roll down cheese mat, to handstand	
Straddle jump	
Split jump past 90 degrees	
Leap past 90 degrees	
Round-off, rebound	
Back handspring down cheese	
Back handspring on floor	
Round-off, back handspring	
Handstand forward roll	
Front handspring off cheese	
Full turn on one foot	
Back walkover	
Back bend, stand up	
Side kicks from 5th position	
DANCE	Passe' , Coupe' in Releve'
	Split jump/ leap past 90 degrees
	1/2 & 1/1 turns