

EVENT	MOVEUP TO NICKLE SKILLCHART
<b>VAULT</b>	STRAIGHT Handstand/glued shoulders
	Handstand, flat-back
	Hurdle to 2-foot punch on board
	Straight jump, includes 2-foot punch and arm circle
	Understanding of how to run with a speed increase
	Heel drive drill, no pike
	Conceptual understanding of a block
<b>BARS</b>	Glide swing
	Pullover w light spot
	Shoulder shrug for cast
	Cast, hips must leave bar
	Squat-on onto floor bar
	Back hip-circle with spot
<b>BEAM</b>	Bridge on low beam
	Straight leg walks forward
	Straight leg walks backward
	Pivot turn
	Cartwheel to handstand dismount
	Straight jump (arms crown)
	Handstand on low beam against wall
	Controlled "T" on high beam
<b>FLOOR</b>	Leap from one step
	Cartwheel
	Handstand, T in and out
	Heel snap turn, arms crown
	Chasse (forward, side, backward)
	Straddle jump, conceptual understanding of knees up
	Hurdle step, Round-off, rebound
	Backward roll to Plank on floor
	Bridge, kick over on Cheese
<b>DANCE</b>	1/4-1/4 turn
	Passe' , Coupe' Releve', Plie'
	Arabesque & Scale
	Split jump/ leap to 90 degrees
	F & S Chasse' (w/ Flight & straight legs)