

# THE VICTORS GYMNASTICS AND CHEERLEADING PROGRESSION SKILL REQUIREMENTS

## GIRLS GYMNASTICS CLASSES

Prerequisites for  
progression to:

	VAULT	BARS	BEAM	FLOOR	FLEXIBILITY	CONDITIONING
<b>GIRLS GYMNASTICS LEVEL 2</b>	Proper Run technique Proper hurdle technique Straight jump Forward roll to stack of mats	Pullover <i>(w/ min. help)</i> Back Hip Circle <i>(w/ min. help)</i> Cast away from bar	Mount to front support V-sit Arabesque (R/L) High kicks Pivot turn 2 straight jumps	Forward straddle roll to stand Backward roll to stand Cartwheel (R/L) Round off 1/2 handstand Forward waltz	Pick sit - knuckles to wall R/L splits (120°) Center split (120°) Arm Lift to 4" Bridge - straight arms	Pull up (1) Leg Lifts (5) 30 second hollow body hold Push ups (10) 60' run (<4.4 sec.) Candlestick to straight jumps (6)
<b>GIRLS GYMNASTICS LEVEL 3</b>	<i>Level 2 plus:</i> Jump handstand to stack of mats Flat back landing	<i>Level 2 plus:</i> Pullover from two feet take-off Back Hip Circle Cast to 15° below horizontal Front hip circle <i>(w/ min. help)</i>	<i>Level 2 plus:</i> Split jump (45°) High kicks in Releve' Lever 1/2 cross hand- stand Cartwheel to side handstand	<i>Level 2 plus:</i> Handstand hold Handstand forward roll Back extension roll Bridge kickover Back Handspring RO, BHS with spot	Pick sit - palms to wall R/L splits (150°) Center split (150°) Arm Lift to 6" Bridge - straight arms, shoulders over hands	Pull ups (2) Leg Lifts (10) 45 second hollow body hold Push ups (15) 60' run (<4.2 sec.) Candlestick to straight jumps (10)
<b>GIRLS GYMNASTICS PRE-TEAM</b>	Able to correctly demonstrate ALL Level 4 vault skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 bar skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 beam skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 floor skills with minimal or no help.	Pick sit - palms to wall, nose to knee R/L splits (180°) Center split (180°) Arm Lift to 10" Bridge - straight arms, shoulders past hands	Pull ups (4) Leg Lifts (15) 60 second hollow body hold Push ups (20) 60' run (<4.0 sec.) Candlestick to straight jumps (15)