

## Bronze Skill Chart-JO Level 1:

### Bars:

- Cast
- Pullover
- Single leg basket swing
- Back hip circle
- Leg cut forward
- Mill circle
- Straddle on dismount
- Forward roll dismount to chin up
- Undershoot dismount
- Tap swing on low bar bent knees
- Wrist shift drills
- Floor bar shoot through

### Balance Beam:

- Jump to front support
- Mount the beam
- Arabesque to 30 degrees
- ½ pivot turn
- Stretch jump
- Tuck jump dismount
- Round-off dismount
- Cartwheel to side handstand
- Step leap

### Floor:

- Handstand hold for 1 second
- Cartwheel
- Backward roll to pike stand
- Bridge back then kickover
- Split jump with 60 degree leg separation
- Step half turn
- Forward roll piked
- One handed cartwheel
- Forward roll step out cartwheel
- Round-off rebound stick
- Front limber
- Candlestick
- Round-off rebound backward roll
- Handstand forward roll chasse
- Chasse step leap

### Vault:

- Straight jump stick
- Straddle jump stick
- Tuck jump stick
- Running form technique
- Gazelle runs
- Handstand pops on floor
- Straight jump step handstand
- Jump to handstand flatback