

Xcel Gold Level 1-JO level 4:

Bars:

- Kip on low bar
- Cast above horizontal
- Squat on jump to high bar
- Back hip circle on high and low bar
- Tap swing ½ turn dismount
- Back hip circle undershoot to tap swings on high bar
- Good tap swings to horizontal body position
- ❖ Flyaway dismount
- ❖ Kip, cast above horizontal
- ❖ Clear hip to horizontal
- ❖ Long hang pullover/baby giant
- ❖ Giants on strap bar with spot

Beam:

- Full turn, kick out, step salute
- Handstand vertical, feet side by side
- Cartwheel
- Back walkover
- Split jump 90 degrees
- Split leap 90 degrees
- Salto dismount back tuck
- Salto dismount front tuck
- Aerial dismount
- ❖ Cartwheel back tuck dismount
- ❖ Cartwheel cartwheel connected
- ❖ Back-walkover back-walkover connected
- ❖ Switch leap on low beam
- ❖ Backhandspring on low beam

Floor:

- Full turn
- 120 degree split leap
- Jump series connected
- Front walkover
- Back walkover
- Back extension roll straight arms
- Handstand pirouette
- Front handspring
- Round-off back handspring
- All three splits
- Front handspring step out front handspring
- Round off 2 back handsprings
- ❖ 150 degree split leap
- ❖ Round-off back handspring back tuck
- ❖ Front handspring front tuck
- ❖ Switch leap
- ❖ Aerial
- ❖ Standing back tuck
- ❖ Press handstand

Vault:

- ❖ Front handspring perfect form
- ❖ ½ on
- ❖ Drills for tsuks
- ❖ Drills for chenko's