

## Xcel Gold Level 2-JO level 5:

### Bars:

- Kip on high bar cast above horizontal
- Baby giant
- Flyaway
- Clear hip
- ❖ Giants on strap bar without spot
- ❖ Strap bar toe shoots
- ❖ Sole circle
- ❖ Cast handstand

### Beam:

- Full turn, kick out, step salute
- Handstand vertical, feet side by side hold for one second
- Cartwheel cartwheel connected
- Back walkover back walkover
- Split jump 150 degrees
- Split leap 150 degrees
- Backhandspring low beam
- Sissone
- Switch leap low beam
- ❖ Cartwheel back tuck dismount
- ❖ Work full and a half turn
- ❖ Front walkover low beam
- ❖ Round off
- ❖

### Floor:

- Full and a half turn
- 150 degree split leap
- Straddle jump
- Switch leap 150 degrees
- Front handspring step out front handspring
- Front tuck

- Standing press handstand
- Front handspring front tuck
- Aerial
- Round off backhandspring, back tuck
- All three splits
- Front handspring step out front handspring
- ❖ Front tuck step out
- ❖ Round-off back handspring back pike on tumble trak
- ❖ Round-off back handspring, back layout on tumble trak
- ❖ Twisting drills on tumble trak
- ❖ Front layout tumble trak
- ❖ Front twisting drills on tumble trak
- ❖ Front pike
- ❖ Front tuck front tuck
- ❖ Stalder Press handstand

### Vault:

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