

Silver 1 skills Charts:

Bars:

- Pullover
- Cast above 45 degrees
- Back hip circle
- Straight glide swing
- Straddle glide swing
- Single leg cut forward
- Mill circle
- Squat on jump off
- Straddle on sole circle dismount
- Undershoot dismount
- Tap swings on high bar
- 10 pullups
- Climb half-way up rope
- 10 pike ups to the bar hanging
- Single leg cut back
- Kip drills
- Floor bar shoot through practice

Beam:

- Jump to front support mount
- Arabesque to 45 degrees
- $\frac{3}{4}$ handstand
- $\frac{1}{2}$ turn on beam
- Cartwheel to side handstand dismount
- Round off dismount
- 4 poses
- Whip swing mount to one leg
- Forward leg swing, backward leg swing
- Sets of passe, releve holds
- Cartwheel to handstand, twist of low beam

Vault:

- Running arm technique
- Handstand hops on floor with block
- Stretch jump to vault, step handstand flat back
- Gazelle runs
- Jump to handstand flat-back on vault

Floor:

- Handstand hold 2 seconds
- Round off rebound
- Front walkover
- Back walkover
- Round-off rebound backward roll
- Straight leg leap 90 degrees
- Full turn on floor
- 20 pushups
- Chasse, step leap step hop
- Back handspring
- Round-off back handspring