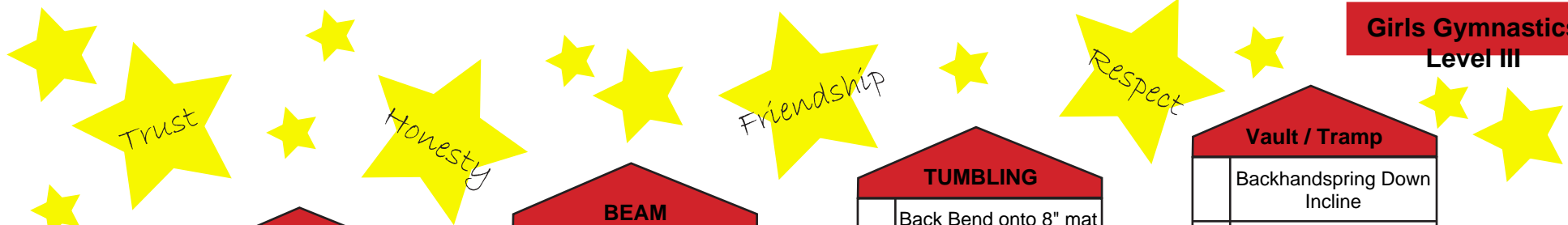


★ Star Achievement Program ★



**Girls
Gymnastics
Level II**

BARS	
Single Leg Basket Swing	
Stride Circle Forward (Unassisted, can)	
Rope climb min 1/2 way up	
3 Chin ups In a row with good form	
Correct spotted "see saw" action	
Cast on, Pike Sole Circle Dismount	
Single Leg Swing Backwards	
Stride Circle Forward (spotted)	
Single Leg Cut Forward	
Straight Body Back Hip Circle	
Hallow Cast	
Pullover	

BEAM	
Handstand Low Beam	
Cartwheel to 1/4 turn dismount drill on low	
Cartwheel to Handstand Dismount	
Fish Pose	
Stretch Jump	
Pivot Turns 180	
Forward Passe Hold	
Lever to Touch Beam	
Forward, backward leg swings, dp, releve	
Arabesque (30)	
Whip Swing to Push Up, Tuck Stand	
Leg Swing Mount	

TUMBLING	
Back Bend onto 8" mat	
Power hurdle ro over stacked mat onto rs	
H-S Bridge Kickover on elevated surface	
Split Jump (60) to releve stand	
Two 1/4-1/4 passe turns	
Forward Chasse', Straight Leg Leap, LS	
Pivot Turns	
Bridge, Back Kickover	
Candlestick	
Backwards Roll to Pike Stand	
Round Off	
Handstand	

Vault / Tramp	
Backhandspring Down Incline	
Correct Split Technique	
10 Correct Push Ups	
Three (3) fire drills	
Spotted backhandspring	
BHSD: Over pac man to hands correct shape	
BHSD: Jump to 24" stack, raised hips,	
BHSD: Sit against wall slam	
Round Off Rebound to Elevated Surface	
Jump to handstand on 16" mat	
standing board drill over octagon, hs flat	
Accelerated run at board	