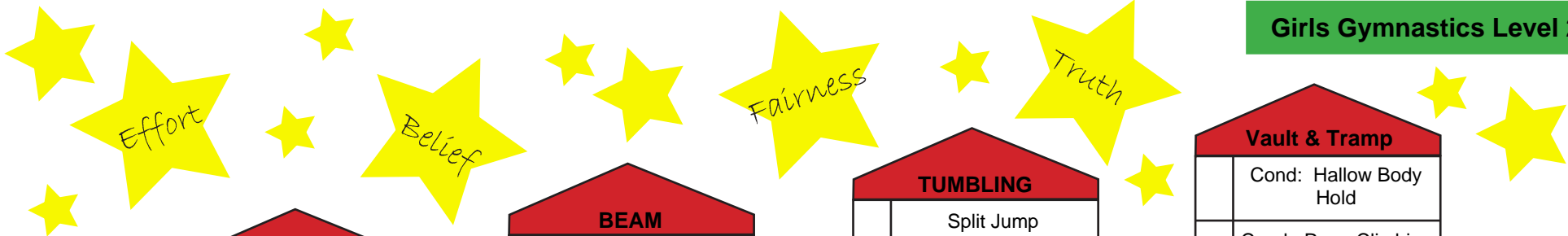


# ★ Star Achievement Program ★

**Girls Gymnastics Level 2**



**Girls  
Gymnastics  
Level 1**

BARS	
Back Hip Circle	
Pull Over	
Candlestick Hold	
Sole Circle Dismount	
Straight arm (slight hallow) casting	
Leg Lifts (x3)	
Mat Assisted Pull Over	
Chin Up, L place bean bag on mat	
Chin Up	
Shimmy Accross Bar With Bean Bag	
Safety Roll Off Bar	
Jump to Clean Front Support	

BEAM	
Correct Lever to Horizontal	
Knee Cartwheel to 3/4 Handstand Dismount	
Stretch Jump	
Pike Lying Position, tuck stand to releve	
Passe Hold	
Forward Leg Swings	
Arabesque	
Straight Body Leg Swign Mount	
Correct 1, 2, 3-hold	
Low Beam Cartwheel to Handstand	
Low Beam Lever Action to 1/2	
Forwards, Backwards, Side Walks	

TUMBLING	
Split Jump	
Forward Chasse	
Forward Passe Balance	
Turned Out Coupe Walks	
3/4 Handstand	
Cartwheel	
Backwards Roll	
Forward Roll	
Candlestick	
Hold correct split positions (nonspec)	
Bridge	
Correct Lunge	

Vault & Tramp	
Cond: Hallow Body Hold	
Cond: Rope Climbing Basics	
Cond: 1 Fire Drill	
Cond: 3 Correct Push Ups	
Level 1 Comp Vault	
Hand Stand Flat Back on 8"	
Run to stretch jump mmin 16"	
RS, run, hands down on board, stretch jp	
Demonstrate static correct board position	
Run with acceleration	
Straight, tuck, pike, straddle, split jumps	
Safety Fall	