

Xcel Platinum level 2/JO Level 6:

Bars:

- Giant on high bar with spot
- Clear hip to 45 degrees
- Kip cast handstand low bar
- Layout flyaway
- Sole circle
- Tow shoot to high bar
- Kip cast handstand high bar
- Cast handstand pirouette single bar
- ❖ Bling change w/wo spot
- ❖ overshoot/bail drills
- ❖ Toe on to handstand strap bar
- ❖ Straddle back drills

Beam:

- Round-off
- Roundoff back tuck dismount
- 1 ½ turn
- Back handspring high beam
- Front layout dismount
- Cartwheel round-off high beam
- Tic toc backhandspring high beam
- Handstand back-handspring
- Handstand back extension roll
- Back handspring back layout
- Switch leap tour jete low beam
- ❖ Back-handspring back handspring low beam
- ❖ Front handspring
- ❖ B jump series with A turn
- ❖ Aerial low beam
- ❖ Front aerial floor
- ❖ Back tuck low beam
- ❖ Back handspring back-handspring high beam
- ❖ Handstand to straddle down, back extension roll, back handspring

Vault:

- Front handspring
- ❖ Yurchenko into pit
- ❖ Tsuk into pit
- ❖ Handspring full
- ❖ ½, ½, vault

Floor:

- Round-off back handspring layout
- Round-off back handspring layout ½
- Front Tuck/Pike Round off Back Handspring Back Tuck/pike
- Stalder Press Handstand
- Double Full Turn
- Roundoff Back Handspring Full Tumble Track
- 180 Switch Leap Plus B Jump
- C Leap or Jump Off Panel Mat
- Front Pike Half Tumble Track
- Front Handspring Front Layout Rebound or Salto Tumble Track/pit
- * Roundoff Back Handspring Layout 1/2 Front Tuck Tumble Trak