

## Silver 2 Skills Charts:

### Bars:

- Glide swing and return to stand
- Punch pullover
- Straight glide kip
- Straddle glide kip
- Front hip circle
- Cast single leg shoot through
- Mill circle
- Leg cut back
- Cast--almost horizontal
- Back hip circle
- Undershoot dismount
- Rock kip drills
- Hanging arch hollow drills
- 15 pullups
- 15 pike ups to bar
- $\frac{3}{4}$  rope climb

### Beam:

- Handstand
- Split leap with 45 degrees
- Split jump with 45 degrees
- $\frac{1}{2}$  turn heel snap
- Arabesque 60 degrees
- Two pivot turns
- $\frac{1}{2}$  turn step out
- Cartwheel to side handstand,  $\frac{1}{4}$  turn dismount
- Working cartwheels
- Hit cartwheel on low beam
- Front handspring dismount

### Floor:

- Split jump 90 degrees, stretch jump pose
- Handstand to bridge, back kick-over
- Handstand forward roll, step out
- Straight leg leap 90 degrees
- Backward roll to push-up position
- Splits correct positioning
- Full turn in forward passe
- Round of rebound correct arms
- Back handspring
- Front walkover
- Back walkover
- Power hurdle front handspring
- 25 push ups
- Straight arm backward roll down a wedge
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### Vault:

- Jump to handstand on vault
- Straight jump front handspring off vault