

# Advanced Move Up Checklist

Name \_\_\_\_\_

Day \_\_\_\_\_

Coach \_\_\_\_\_

Vault				
Skill	Just Learning	Needs a Light Spot/ Needs to be reminded of Skill Name/ Or Poor Form	Has Skill On Own and good form	Correct or Little Deduction Form
Stretch Jump on 32" mat				
Run Handstand Flat Back				
Running Form & Technique				

Beam				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Lock Hold 30 sec				
Pivot, Step, Pivot				
Leap				
Arabesque, Scale, Arabesque				
Snap Turn				
Side Handstand on High Beam				
¾ Handstand on High Beam				
Cartwheel Medium				

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Floor				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Vertical Handstand Hold 3 Seconds				
Round Off				
Backward Roll Pushup				
Handstand Forward Roll				
Back Walkover				

Bars				
Skill	Just Learning	Needs a Light Spot or Needs to be Reminded of Skill Name	Has Skill On Own	Correct Form
Underswing Dismount				
Pike On Dismount				
Single Leg Cut				
Mill circle				
2 Foot No Jump Pullover				