



## Advanced Girls 2

<b>Vault</b>	
Handspring with beat board over vault	
1/2 on with bb over vault	
Handspring 1/2 off <b>OR</b> 1/2 on 1/2 Off with mt over vault	
<b>Bars</b>	
Cast away to long hang swing	
Cast away to long hang swing pullover	
Free hip circle	
Cast squat on, jump to high bar	
Cast to 45° above horizontal	
Swing 1/2 turn	
Kip assisted	
Routine of 5 skills	
<b>Beam</b>	
Leap line of 2 or more elements, one with 135° split	
Full turn	
Jump to handstand, return to beam mount	
Cartwheel on high beam	
Back walkover on medium beam	
2 connected acro elements	
Round off or back handspring on highway	
Front tuck dismount	
Routine of 6 skills	
<b>Floor</b>	
Press to handstand from feet	
Front handspring	
Back handspring	
Front handspring to rebound	
Back tuck off box or into pit	
Aerial on floor	
Round off, back handspring	
Routine of 6 skills	
Switch leap	
<b>Trampoline</b>	
Cradle	
Porpoise	
Front saltos (tuck, pike)	
Back saltos (tuck, pike)	
Back handspring	
Routine of 8 skills	

**INFORMATION ONLY**

E = Emerging C = Competent P = Proficient

Pass / Continue Advanced 2

