

## Level 4 Testing

### Skills Scoring:

0 = Cannot perform skill

1 = Skill attained (not competition ready - e.g. on LB or spot)

2 = Skill competition ready



### Vault

Level 4 Front Handspring

### Bars

Level 4 Kip Horizontal Cast Squat on Long hang kip

Level 4 Back Hip Circle Underswing 1/2 Dismount Routine (/10)

### Beam

Level 4 Handstand (1 second hold) Cartwheel Arabesque Hold Split leap (120)

Level 4 Cartwheel HS(1 sec hold) dismount Backwalkover on low beam Split jump (120) 1/2 turn Routine (/10)

### Floor

Level 4 Straddle Jump (120), Straight 1/2 (4 Front Handspring rebound) Back walkover (120) Back extension to HS

Level 4 Round off-BHS x2 Leap series (120) Full spin Routine (/10)

## Level 4 Conditioning Testing

	Push ups	V ups	Hst Hold (Floor)	Hst Hold (Beam)	Leg Lifts
Reps	15	15	60 seconds	10 seconds	20
	Rope Climbs	Candle Stick Roll up (L)	Candle Stick Roll up (R)	Suicides	Levers (Good form)
Reps	2 (straddle legs in a row)	3 (w/o other touching)	3	3 within 1.30	5
	Pull ups (strict)	Short Leg Lifts	Press Handstand		
Reps	8	10	10 against wall		
	Chin up Pull Overs (to hang)	Casts x5 (45 or above)			
Reps	10	5			