

## Level 7 Testing

### Skills Scoring:

- 0 = Cannot perform skill
- 1 = Skill attained (not competition ready - e.g. on LB or spot)
- 2 = Skill competition ready

### Vault

Front Handspring      Yurchenko to Resi + 8"

### Bars

Kip, free hip, kip, squat on      Cast fly away Layout      Cast Handstand      Free Hip Hst      2xKip Hst in a row

2 Giants to Flyaway      Clear Hip above horizontal to Flyaway

### Beam

Split leap (180)      Backwalkover series      1/1 Spin      BHS (high beam)

Standing Back Tuck dmt      Standing Front Tuck dmt      Cartwheel backtuck      Flight Series (low beam)

### Floor

Switch Leap (180)      1 1/2 spin      Standing Back tuck      Front Handspring, Front Tuck

Round-off BHS Back tuck      Round-off BHS layout

## Optionals Conditioning Testing

	Short Leg Lifts	Rope	Presses (Beam)
Reps	20	1 w/ No Legs to 12'	10
	Levers (flat hips)	Casts (HS)	Handstand Hold (Beam)
Reps	10	10	45 Seconds
	Chin Ups (strict)	Suicides	
Reps	10	5 within 2 minutes	

