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| Level 4 USA Gymnastics Junior Olympic Performance Chart Level 4  Gymnastic Skills must be learned before moving to the next level | | | |
| VAULT | UNEVEN BARS | BALANCE BEAM | FLOOR EXERCISE |
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| * Handspring | -Straddle/Pike Glide Kip  - Cast to Horizontal to Front Support  - Cast Squat On or Pike On  - Jump to Long Hang Kip  - Cast to Horizontal  - Back Hip Circle  - Underswing, 1st Counterswing (minimum of 30 degrees below horizontal)  -Tap Swing Forward, 2nd Counterswing (minimum of 30 degrees below horizontal)  -Tap Swing Forward with ½ (180 degrees) turn Dismount | * Leg Swing Mount with ½ (180 degrees) turn * Cartwheel ½ 990 degrees) Turn inward * Scale (horizontal) * Rond de Jambe to Arabesque * Scale * Straight Leg Leap (120 degrees) * Cross Handstand * Split Jump (120 degrees) * Stretch Jump * ½ (180 degrees) Turn in Forward Passe * Cartwheel to Side Handstand, ¼ (90 degrees) Turn Dismount | * Staaddle ump (120 degrees) * Stretch ump with ½ (180 degrees) Turn * Front Handspring to Two Feet * Straight Arm Backward Roll to Handstand * Forward Split * Straight Leg Leap (120 degrees) * ½ (360 degrees) Trun Forward Passe * Back Walkover (150 degrees) * Round Off * Flic-Flac, Flic-Flac to two feet |
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