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| Level 4 USA Gymnastics Junior Olympic Performance Chart Level 4Gymnastic 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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