



Gymnastic Skills must be learned before moving to the next level

Level 4 USA Gymnastics Junior Olympic Performance Chart

Level 4

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<ul style="list-style-type: none"> - Handspring 	<ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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

	degrees below horizontal) -Tap Swing Forward, 2 nd Counterswing (minimum of 30 degrees below horizontal) -Tap Swing Forward with ½ (180 degrees) turn Dismount	- Cartwheel to Side Handstand, ¼ (90 degrees) Turn Dismount	- Flic-Flac, Flic-Flac to two feet