



Gymnastic Skills must be learned before moving to the next level

Level 2 USA Gymnastics Junior Olympic Performance Chart

Level 2

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<ul style="list-style-type: none"> - Jump to Handstand onto a minimum of 16" Mat Stack - Fall to Straight Lying Position 	<ul style="list-style-type: none"> Back Hip Pullover, Mount, Cast, Back Hip Circle, Single Leg Cut, Forward, Forward Stride Circle, Single Leg Basket Single Leg Swing Backward, Cast, (Squat-on, Pike-on, Sole Circle Dismount) OR (Under-swing Dismount) 	<ul style="list-style-type: none"> - Jump to Front Support - Whip Swing to Push-up Position, - Jump to Tuck Stand, - Arabesque - Forward Leg Swing, 30degrees, - Backward Leg Swing, - Releve, - Lever to Beam, - Leg Balance in Forward Passe, - ½ (180 degree pivot Turn, - Stretch Jump, - Cartwheel to Side Handstand Dismount 	<ul style="list-style-type: none"> - Handstand, - Round-off - Back Roll to Pike Stand - Candlestick - Bridge - Back Kick-over - Straight Leg Leap (60 degrees) - Forward Split - ½ (90 degrees + 90 degrees) Turns in Forward Passe (Heel-snap) - Split Jump (60 degrees)
