GYMSTARS
GYMNASTICS, CIRCUS & EXERCISE!

Level 2 - Intermediate												
BEAM												
Sissone												
Pique Turn												
Reverse Swing Turn												
Pivot Half Turn												
Pike Mount												
Back Walkover on Low Beam with Spot												
Assemblé Tuck Jump												
V-Sit Whip to Squat Up												
Handstand with Spot												
Cartwheel off Beam, Hands on feet off												
Barani Dismount with Spot												
Full Pirouette on Medium Beam (Full Turn)												
FLOOR												
Power Round-off												
Backbend Kickover												
Bridge Kickover Down Incline												
Handstand Forward Roll												
Far Arm Cartwheel												
Handstand Snap-Up Backward Roll												
Back Extension Roll with Spot												
Bridge Kickover												

Handstand Hops												
Handstand Forward Roll w/Straight Arms												
Cartwheel to Handstand Straddle Down												
Handstand Half Pirouette												
Front Handspring/Front Handspring Step-out												
Front Limber												
Back Extension Roll												
Back Walkover												
Back Limber												
Front Walkover												
Back Handspring												
VAULT												
Vault to SLP												
Jump To Two Feet On Board												
Squat On Block, stretch jump off												
Hurdle Take Off												
Hurdle Stretch Jump To Mat (8, 12, 18")												
Handstand Hops (Under Arm, Wrist Flick)												
Lunge Handstand To Flat Back (8" Mat)												
Dive Roll To 32" Mat												
Handstand Fall in Hollow												
BARS												
Single Leg Cut												
Pike Stoop Sole Circle Dismount												
Jump Straddle Underswing												
Front Stride Circle with Spot												
Cast to Horizontal												
Back Hip Circle												

Kip Down												
Cast, Single Leg Squat Through												
Back Hip Circle												
Pike Shoot												
Glide Swings												
Straddle Sole Circle Dismount												