

Maryland State Gym

Level 2 and 3 Boys Gymnastics

Report card

Name:

Floor	Pommel Horse	Still Rings
Front Roll	Straddle Swings	Swings with ring turn out
Back Roll	Single Leg Cuts	L Hang 3 seconds
Head Stand	Leg Swings in back	Chin up 3x
Lunge	Leg swings in front	Skin the cat
Handstand (wall)	Around the world	Inverted hang 3 secs
Bridge and kick over	Mushroom	bird cage hold 2 secs
Handstand Roll	Double leg circle	Parallel Bars
Right Cartwheel	1/4 spindle 4x stopping each 1/4	Swings in support even with shoulders
Left Cartwheel	Vaulting	Walks forward in support
Round off	Straight Jump up to 3 mats	Straddle swings in support
Back Handspring	Front roll onto 3 mats	Back up rise with feet
Horizontal Bar	Handstand with pop to back on 3 mats	Jump and swing in under arms and hang
Pull over from hang		L seat 2 seconds
Swings with re grip		Front Roll
Swing 2x and half turn		Should Stand
Back Hip Circle		Back Flank Dismount
Front Hip Circle		
Under Swing Dismount		