

Maryland State Gym

Level 4 and 5 Boys Gymnastics

Report card

Name:

Floor	Pommel Horse	Still Rings
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Dive Roll	False Scissors	Flyaway
Back Pike Roll	Scissors	Inlocate
Back Roll Extension	Swings w/hand hop	Dislocate
Hand Stand 1/2 Piroette	Single Leg Cast Dismount	Straddle Flyaway
1 Double Leg Circle	1/2 Circle dismount	Muscle Up
Press Handstand Roll	Double leg Circle	Back Roll from Support
2 Back handsprings	Mushroom	Shoulder Stand
Candle Stick	5 Double Leg Circles	
Stalder Roll to handstand	Flares	
Front Handspring		
Back Handspring Tuck		

Vaulting	Parallel Bars	Horizontal Bar
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Vaulting	Swing to Under arms	Back hip to underswing
Front Tuck Stick on Mats	Straddle Press above shoulders	Glide Kip
Front Handspring	Back Uprise from under arms	Free Hip Circle
	Swing Handstand	Baby Giant
	Glide Kip	Cast Above Horizontal
	Press Handstand	Fly away Dismount
		Back Uprise