Maryland State Gym
Level 2 Cheerleading
Report card

Name:

Tumbling		Dance		Jumps		Motions	
	Front Roll		Front Kicks (to face holding wall)		Straddle (180)		**Bow and Arrow**
	Back Roll		Side Kicks (to head holding wall)		Jump full turn		Daggers
	Head Stand		Back kicks (arched) holding wall		Tuck		Go or Punch
	Lunge		Full Turn front lunge		Pike		Hands on Hips
	Handstand (wall)		Demi-plié		Hurkey		High V
	Handstand to Back Bend		First position jumps with Demi-plié		Running split leaps		Low V
	Handstand Roll		Second position jumps with Demi-plié		Sissonne		Left Diagonal
	Right Cartwheel		Third position jumps with Demi-plié		tuck jump full turn		Right Diagonal
	Left Cartwheel		Fourth position jumps with Demi-plié	**Stunts**			Right K
	Round off		Fifth position jumps with Demi-plié		Prep		Left K
	Front Walkover (Spotted)		Chaînés Turns		Extension		Right L
	Back Walkover (Spotted				Thigh stand		Left L
	Back Handspring (Over Block alone)				Liberty prep		Set
					Scale prep		Touchdown
					Scorpion prep		Low Touchdown
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							Half T