

# All AMERICAN GYMNASTICS

## Level 2 Boys

### Floor

- \_\_\_\_\_ 1. Bwd roll
- \_\_\_\_\_ 2. Straight leg cartwheel
- \_\_\_\_\_ 3. Straight body handstand
- \_\_\_\_\_ 4. Chasse w/ arms
- \_\_\_\_\_ 5. Scale

### Pommel Horse

- \_\_\_\_\_ 6. Straddle swing
- \_\_\_\_\_ 7. Right leg Stride swing
- \_\_\_\_\_ 8. Left leg Stride swing
- \_\_\_\_\_ 9. ½ circle on mushroom
- \_\_\_\_\_ 10. ¼ circle on floor mushroom

### Rings

- \_\_\_\_\_ 11. Chin hold 10 sec.
- \_\_\_\_\_ 12. Back swing
- \_\_\_\_\_ 13. Hollow front swing
- \_\_\_\_\_ 14. Inverted pike hang
- \_\_\_\_\_ 15. Straight body skin the cat

### Vault

- \_\_\_\_\_ 16. Run over low hurdles
- \_\_\_\_\_ 17. Hurdle, punch front
- \_\_\_\_\_ 18. Power skip w/ low arms
- \_\_\_\_\_ 19. Run, punch, roll

### Parallel Bars

- \_\_\_\_\_ 20. Flat front swing
- \_\_\_\_\_ 21. Hollow back swing
- \_\_\_\_\_ 22. L support 3 sec.
- \_\_\_\_\_ 23. Straddle travel

### High Bar

- \_\_\_\_\_ 24. 5 tap swings
- \_\_\_\_\_ 25. Pullover (low bar)
- \_\_\_\_\_ 26. Hollow body cast
- \_\_\_\_\_ 27. Straight leg backhip circle
- \_\_\_\_\_ 28. Undershoot

### Flexibility

- \_\_\_\_\_ 29. 90 degree pancake touch face
- \_\_\_\_\_ 30. Pike stretch touch toes
- \_\_\_\_\_ 31. Bridge-straight arms & legs
- \_\_\_\_\_ 32. 120 degree shoulder stretch

### Strength

- \_\_\_\_\_ 33. Handstand w/ wall 20 sec.
- \_\_\_\_\_ 34. L hold w/ straight legs
- \_\_\_\_\_ 35. 1 pull-up
- \_\_\_\_\_ 36. 5 hollow push-ups
- \_\_\_\_\_ 37. Hollow body hold 20 sec.