

## Level 2 Evaluation Form

Gymnast's Name: \_\_\_\_\_

\* = Must have skill in order to move to Level 3

### Vault – Level 2 skills

\*Jump to handstand on resi and fall to back \_\_\_\_\_  
15 sec. Handstand Hold against wall \_\_\_\_\_  
Handstand Hop onto a small panel mat \_\_\_\_\_  
15 sec. Hollow Body Hold \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Good running technique, Fronthandspring over vault table with spot

### Bars – Level 2 skills

\*Back hip pullover (NO spot, straight legs) \_\_\_\_\_  
\*Cast to 10 degrees below horizontal \_\_\_\_\_  
\*Back hip circle (NO spot, straight arms/legs) \_\_\_\_\_  
\*1 Pull-up with no spot \_\_\_\_\_  
Squat-on, sole circle dismount \_\_\_\_\_  
Cast, underswing dismount \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Glide swings, front hip circle, kip drills, casting bigger, Tap Swing, Dead Cow

### Beam – Level 2 skills

Swing to push-up position, jump to tuck stand \_\_\_\_\_  
Arabesque to 30 degrees \_\_\_\_\_  
\*Demi-plie to releve and Stretch Jump (both skills) \_\_\_\_\_  
\*Lever to Beam (arms by ears, straight body) \_\_\_\_\_  
\*½ pivot turn \_\_\_\_\_  
\*Cartwheel to side handstand dismount \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Cross handstands, Cartwheels, Straddle Jumps, ½ turn heel snap, Split Leap

### Floor – Level 2 skills

Handstand Hold for 2 sec on your own \_\_\_\_\_  
\*Cartwheel Step-In \_\_\_\_\_  
\*Backward roll to pike stand \_\_\_\_\_  
\*Bridge, Kick Over (NO spot, on floor) \_\_\_\_\_  
Backwalkover \_\_\_\_\_  
\*Forward Chasse to Straight Leg Leap \_\_\_\_\_  
Split Jump to 60 degrees \_\_\_\_\_

Skills to be progressing on (circle the skills they have):

Handstand forward rolls; backhandsprings (light spot), Front Limbers

Level to enroll in next session: \_\_\_\_\_

Comments: