

# Skills list



## < Core Skills 1

Tuck russian lever	>
Straight jump with one and a half turn	>
Tuck jump with full turn	>
Cat leap with full turn	>
One and a half turn on one foot	>
Handstand with lever down to stand	>
Forward roll to straddle or pike lever	>
Creative handstand	>
Handstand with half turn	>
Backward walkover / Forward walkover	>
Backward roll to handstand	>
Round-off	>
Leap and/or jump sequence with Explore Core Skills 4 and/or Excel Core Skills 1	>
Acrobatic sequence with Explore Core Skills 4 and/or Excel Core Skills 1	>

## < Core Skills 2

Planche on one or two elbows	>
Advanced jump with half turn	>
Double turn on one foot	>
Straddle or pike elephant lift to handstand	>
Handstand with full turn	>
Valdez	>
Choice of skill to finish in splits	>
One-handed walkover / Change leg walkover	>
Rotate into or out of handstand with half turn	>
Handspring to one or two feet	>
Flick	>
Forward somersault	>
Leap and/or jump sequence including rotation with Explore Core Skills 4, Excel Core Skills 1 and/or 2	>
Acrobatic sequence including flight with Explore Core Skills 4, Excel Core Skills 1 and/or 2	>

### < Core Skills 3

Russian lever / Tuck top planche	>
Advanced jump with full turn / Straight jump with double turn / Tuck jump with one and a half turn	>
Turn on one foot with a creative leg position	>
Tour jeté / Split change	>
Ring positions	>
Straddle or pike lever to handstand	>
Handstand with double turn	>
Creative flick	>
Flyspring	>
Backward somersault	>
Free cartwheel / Free walkover / Side somersault	>
Leap and/or jump sequence with Excel Core Skills 1, 2 and/or 3	>
Acrobatic sequence including flight and/or somersaults/aerials with Explore or Excel Core Skills	>
Combination sequence with Excel Core Skills	>

### < Small Apparatus 1

Rotate a hoop in table plane with a choice of balance	>
Throw and catch a hoop with chaînés	>
Skip through a rope using single boxer skips, singles and crossed	>
Wrap and unwrap a rope with a choice of balance	>
Throw and catch a ball with chaînés	>
Roll a ball across the arms and up the back	>
Large ribbon circles with two leaps from Explore Core Skills 4 and/or Excel Core Skills 1	>
Throw and catch a ribbon with chaînés	>
10 counts of dance steps using a contrast of height, direction and rhythm	>
Individual or group apparatus sequence with Core Skills 1	>

### < Small Apparatus 2

Rotate a hoop and switch hands with a choice of balance	>
Throw and catch a hoop from rotations with a choice of roll	>
Skip through a rope from a throw and catch	>
Unwrap a rope with a choice of leap or turn	>
Throw and catch a ball with a choice of roll	>
Sequence of unassisted rolls on the body with a ball	>
Large ribbon circles with three leaps from Explore Core Skills 4 and/or Excel Core Skills 1	>
Throw and catch a ribbon with a choice of roll	>
16 counts of dance steps using a contrast of height, direction and rhythm	>
Individual or group apparatus sequence with Core Skills 2	>

### < Small Apparatus 3

Rotate a hoop, throw and catch with a choice of balance	>
Throw and catch a hoop from rotations with a choice of skill	>
Skip through a rope using single boxer skips, singles and crossed from a throw and catch	>
Unwrap a rope with a choice of rotating skill	>
Throw and catch a ball with a choice of skill	>
Sequence of unassisted rolls on the floor and body with a ball	>
Large ribbon circles with three leaps including one from Core Skills 3	>
Boomerang with a ribbon	>
16 counts of dance steps using a contrast of height, direction, rhythm and facial expressions	>
Individual or group apparatus sequence with Core Skills 3	>

## < Large Apparatus 1

Straddle or pike undershoot from a bar	>
Swings with regrip on a bar	>
Swings in support on parallel bars / Swings on upper arms on parallel bars	>
Forward roll on a beam / Handstand on a beam	>
Straight jump on a beam / Tuck jump on a beam	>
Arabesque on a beam / Y balance on a beam / Half turn on one foot on a beam	>
Handstand flatback onto a raised surface	>
Freestyle vaults	>
Round-off dismount from a choice of apparatus	>
Straight jump with full turn from a trampette / Tuck jump with half turn from a trampette	>

## < Large Apparatus 2

Cast to horizontal on a bar	>
Long circle up on a bar	>
Squat on low bar, catch high bar	>
Swings in support above horizontal on parallel bars / Face vault dismount from parallel bars	>
Cartwheel on a beam	>
Advanced jump or leap on a beam	>
Handspring dismount from a choice of apparatus	>
Handspring over a vault	>
Half on to front onto a raised surface / Handspring half to front onto a raised surface	>



< Large Apparatus 3	
Upstart or long upstart on a bar(s)	>
Straddle or pike undershoot with turn from a bar	>
3/4 giant on a bar	>
Cast or swing to handstand on a bar(s)	>
Backward or forward walkover on a beam	>
Straight jump with half turn on a beam / Split leap on a beam / Sissone on a beam	>
Full turn on one foot on a beam / Straddle lever mount onto a beam / Squat through mount on a beam	>
Somersault dismount from a choice of apparatus	>
Half on, half off over a vault / Handspring half over a vault	>
Pike or straight forward somersault from a trampette	>