

Level 2

Vault

- Jump to handstand (16" mat)
- Running form/technique
- Handstand holds
- Handstand hops onto a 4" mat

Bars

- Mount: Back hip pullover
- Cast
- Back hip circle
- Single leg cut forward
- Forward stride circle
- Single leg basket swing
- Single leg swing backward
- Squat on, pike sole circle dismount
- Underswing dismount
- Glide swings
- Floor bar single leg squat through
- Inverted hollow holds
- Kip simulations

Beam

- Mount: Jump to front support
- Whip swing to push up position, jump to tuck stand
- Arabesque
- Forward leg swing, backward leg swing
- Relevé
- Lever to beam
- Leg balance in forward passé
- $\frac{1}{2}$ (180°) pivot turn
- Stretch jump
- Cartwheel to side handstand dismount
- Sets of passé, relevé holds with $\frac{1}{2}$ heel-snap turn
- Cartwheel to handstand on low beam

Floor

- Handstand
- Round-off
- Backward roll to pike stand
- Candlestick
- Bridge, back kick-over
- Straight leg leap (60°)
- $\frac{1}{4}$ (90°+90°) turns in forward passé (heel-snap)
- Split jump (60°)
- Back handspring down incline mat
- Handstand to bridge on elevated surface; back kick-over
- Hurdle, round-off over stacked mat, rebound onto elevated mat