

GRF2 Exit Skills By Event: All GRF1 Skills Plus the following:

Bars: Mastery of the following skills unassisted:

- Unassisted Chin up pull over
- 3 Full Casts/correct height & body shape
- Glide swings
- Perch jump to high bar
- Leg cut & hold above bar
- Leg cut back to front support
- Straddle Undershoot dismount
- Undershoot dismount
- Back Hip Circle
- Lightly assisted
 - Squat on from a cast, jump to high bar
 - Front Mill Circle
 - Front Hip Circle

Beam

- Mastery of the following on the high beam unassisted
 - Front Support Mount to Push Up
 - Step heel snap ½ Turns
 - Step kick ½ Turn
 - Scale
 - Arabesque
 - Ron de jambe
 - Sissone
 - Tuck Jumps
 - Split Jumps
 - Full HS from a lunge or step kick lunge
 - CW to HS dismount
 - CW from lunge on any beam

Vault

- Mastery of the following skills unassisted
 - Running HS Flat back on Resi
 - FHS onto resi
 - Tuck On & Straddle On Vault Table
 - Run, hurdle, punch board to straight jump to vault table, HS on vault table, fall to feet dismount
 - Arm circle on approach to punching the board

Floor

- Following skills unassisted
 - Dive Roll
 - Diver CW or aerial
 - Front Walkover
 - Back Walkover
 - One step hurdle Cartwheel & RO Rebound
 - Cartwheel Step In
 - CW, CW, RO
 - CW, Chasee, CW
 - Straight Arm Backward Roll to Push up
 - Running Leaps
 - Split Jumps
- Working Knowledge/Lightly Assisted
 - Back Extension Roll
 - Standing BHS
 - FHS Step Out
 - FHS
 - RO BHS (this can be a heavier spot)

For the most part, each student needs to proficient in everything listed on each event. Some students may be ahead on one or more events & struggles with others. We will use our own discretion in the instances in moving students to the next level. Sabra Bozman is our Recreational Gymnastics Director. If you have any questions, she can be reached via email at Sabra@SummitSportsCenter.com