

Level 6 Requirements

- **Vault** – front handspring/ half on/ or yurchenko timer over table, and onto raised mat stack
- **Will be working** – mat stack drills to build flipping vaults

- **Bars** – glide kip with connected cast well above horizontal, clear hip well above horizontal, long hang kip casting up or close to handstand, fly away dismount
- **Will be working** – all kips to cast handstand, giant swings, clear hip to handstand, floor bar pirouette drills, upgrade fly away to layout drills

- **Beam** – full turn, 180 split jump or leap, dance series, back walk over or back handspring step out, salto dismount
- **Will be working** – dismount upgrades, flight upgrades, acro series, acro/flight series, upgraded dance series and jump series

- **Floor** – back extension roll to handstand, punch front tuck, round off back handspring into back tuck, full turn, dance series, 180 leap or switch leap
- **Will be working** – back layout, front handspring into front tuck, punch front layout, 1.5 turns, upgraded dance and jump series