

Level 4 Requirements

- **Vault** – front handspring over vault table
- **Will be working** – blocking drills, and handspring onto mat stack drills

- **Bars** – straight arm glide kip into cast above horizontal, cast into squat on, jump to high bar, long hang kip, double tap swing, ½ turn dismount
- **Will be working** – cast handstand drills, clear hip, baby giant, fly away drills

- **Beam** – handstand with 2 second hold, 180 degree split leap, 180 split jump/straight jump, ½ turn in releve', arabesque hold, cartwheel, side handstand with ½ turn dismount
- **Will be working** – back walk over, 180 full turn, scissone' jump, flight drills (back handspring step out)

- **Floor** – straddle jump/straight jump with ½ twist, 180 full turn, chase' into 180 split leap, back extension roll into handstand, back walk over, front handspring, round off into double back handspring
- **Will be working** – back tuck drills working towards round off into back handspring back tuck connected, punch front tuck, front handspring step out