# SENIOR GYMNASTICS SKILLS

11 or older

## VAULT

1. Straddle over vault
2. Squat through (0.5)

## BEAM

1. Any mount
2. Half spin
3. 3 × dip kick steps
4. Handstand (cartwheel, 0.3)
5. Straight jump
6. Round-off (handspring, 0.3)

## BARS

1. Float swing
2. Upward circle
3. Cast above horizontal
4. Back hip circle
5. Straddle / pike undershoot (squat on, 0.5)