

Skill Requirements at Pinnacle Gymnastics

| | Vault | Bars | Beam | Floor |
|-----------------------------|--|---|--|--|
| 3/4 Beg | Run Jumps with two feet Squat on to 1 block Stick | Chin up Hold Monkey Swings Jump to front support Around the world Pullover w/ assistance | Forward Walk Backward Walk Walk Sideways Bunny Hops Jump off Stick | Forward Roll Horsie Kick Backward Roll down a wedge Table Cartwheel over mat |
| 3/4 Int | Run Standing Hurdle Squat on to 2 blocks Stick | Chin up Hold 3 swings in a row Jump to front support Around the world Pullover w/mats hip height Casts | Forward Walk Backward Walk Kicks Straight Jumps Jump off Stick Lever on low beam | Forward Roll Straight Jump 3/4 Handstand Backward Roll down a wedge Bridge Cartwheel off mat Tuck Jump |
| 56 Beg 7+ Beg | Run Standing Hurdle Squat on Stick | Chin up Hold 3 swings in a row Jump to front support Around the world Pullover w/mats hip height Casts | Forward Walk Backward Walk Pivot Turns Straight Jumps Jump off Stick Lever on low beam | Forward Roll Straight Jump Handstand Backward roll down a wedge Bridge Cartwheel Tuck Jump |
| 56 Int Int Mini Stars | Run Hurdle Somersault over the vault Kick to handstand flatback | 3 glides in a row Pullover 3 casts push away Back hip circle Introduce leg cut | Cartwheel Dismount Lever Coupe walks Tuck Jump Arabesque Handstand on low beam | Handstand Hold Bridge Kickover Backward Roll Backbend Round off Split Jump |
| 56 Adv Int/Adv | Run Hurdle with arm circle Dive Roll Push Up Hop | 3 extended glides casts with correct body shape One cast back hip circle Leg cut forward and back Introduce Stride Circle | Level 3 Dismount 3/4 Handstand Coupe releve Split Jump Scale Handstand on low beam | Handstand Forward Roll Backbend kickover Back extension to pike BHS Running Round off Leg Swing Hop |
| Hot Shots Advanced 1 | Run Hurdle with arm circle Handstand Flatback Handstand Hop | 3 extended glides Cast to horizontal Shoot through Stride Circle Introduce front hip circle | Level 4 Dismount Vertical Handstand Snap Turn Straight Jump/Tuck Jump Scale Cartwheel on the low beam | Handstand Forward Roll Handstand bridge kickover Back extension roll Handstand snap down BHS Running Round off Leap |