



K2 ACADEMY: Girls Recreational Level 1

Student: _____

Coach: _____ Start date _____

VAULT

BARS

BEAM

FLOOR

Straight, tuck, and straddle jump onto 8" mat	
Squat onto whale mat	
Straddle onto whale mat	

Pullover	
Cast (Hollow)	
Chin Hang 10sec	
3 cast 45*	
Front Support Tummy Roll	
Straddle Hang (5sec)	
Floor bar straddle on	

Front Support/ Mount/ Stand	
Walk fwd/bwd	
Passe walks	
Arabesque (10sec)	
Releve lock Hold	
Tuck Jump Dismount	

Bridge	
Fwd Roll	
Bwd Roll	
Cartwheel	
Chasse	
Handstand	
Lever Hop	
Candlestick	
Straight/Tuck	

TRAMP

Straight/Tuck Jump	
Seat Drop	
Knee Drop	
Donkey Kick To Handstand	