**YORKSHIRE GENERAL 3 PC / 4 PC ‘GIVE IT A GO’ ADVANCED PLUS LEVEL (BEAM)**

**GYMNAST: ………………………………………………………………………….**

**6 MOVES REQUIRED (4 of the skills must come from different categories – mount and dismount count as one category)**

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| **MOUNT** | **ACRO** | **TURNS** | **LEAPS/JUMPS** | **BALANCES** |  |  |  |
| Squat On;Front support, leg round to straddle sit;Jump on, no hands (2 footed);Forward roll on from the end;Arabesque on to the end (jump to one foot);Japana;Jump to straddle hold (either on the end or side);Straddle to handstand;Squat through to sit**DISMOUNT**Round off;Handspring;Free round off;Front somi;Back somi;Run to jump off | Forward roll to stand;Cartwheel (1 or 2 handed);Free roll;Handstand (optional leg position);Back walkover;Forward walkover;Backwards roll;Tick Tock;Valdez | ½ spin;½ turn on toes:½ spin, ½ turn;Full spin;Straddle hold ½ turn;½ jump;Spin leg held straight;½ turn in tuck with 1 leg out straight | Srraight jump;Tuck jump;Split jump;W jump;Cat leap;Split leap;Stag leap;Change leg split leap;Sissone; | ½ lever (pike/straddle);Y balance;Fish balance (chest);Russian lever;Splits (any)Arabesque;Ring balance;V sit (no arms to assist)Penche Arabesque (low chest) |  |  |  |

**ROUTINE SELECTED:**

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| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cmMatting up to 30cm**BONUS AVAILABLE:**0.5 for staying on the beam and completing skills from 4 categories0.5 for completing an acro skill landed on the beam. |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |