



LEVEL 2 - YELLOW BAND

NUMBER	SKILL
SAFETY/FLOOR SKILLS	
1	Back Falls
2	Wall Balance
3	Cat Balance
4	Back Roll
JUMPING/RUNNING SKILLS	
1	Tic Tac Precision
2	Slap Down Landing
3	Plyos
4	Height Drop
VAULTING SKILLS	
1	Kong Vault
2	Crane Vault
3	Side Crane Vault
4	Tac Vaults
5	Theif Vault
WALLS & BARS SKILLS	
1	Jump to Cat
2	Swinging on Bars
3	Re-Grip
4	Underbar
5	Cast
ACROBATIC SKILLS	
1	Back Flip
2	Side Flip
3	Butterfly Kick (B-Kick)
4	Front Handspring
5	Back Handspring



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