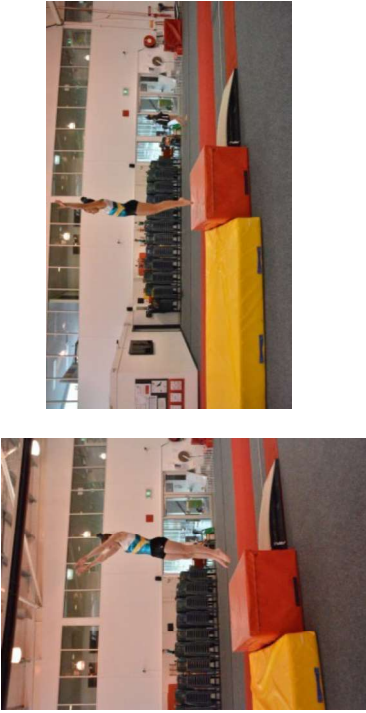
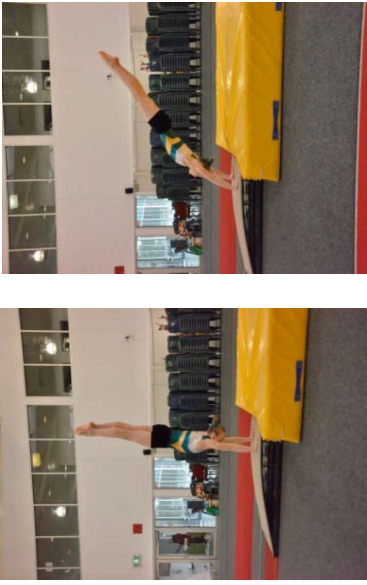


Australian Women's Levels Program



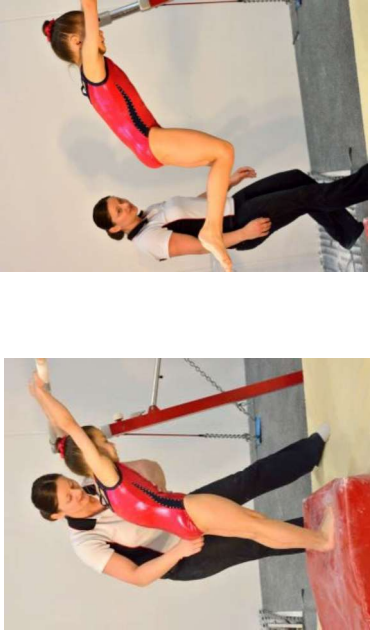

Foundation Levels Level 2 Vault

Element	Images	Technical Description
<p>Skill 1</p> <p>Approximately 10m run approach, hurdle, straight jump to land on stable 60cm box and rebound jump to land on 20–30cm landing mat. Arms lift to vertical at peak of jump and remain at vertical for rebound jump. Arms at forward horizontal on landing.</p>		<p>Run should be smooth with good technique – standing tall with a quick cadence and fast reaction off the floor.</p> <p>Hurdle to the board should be flat, joining the feet together at approximately 20cm from the front of the board.</p> <p>At take-off the feet, hips and shoulders are aligned straight.</p> <p>Strong rebound on the board with the legs.</p> <p>Upper body remains vertical throughout.</p> <p>Tight body in the air.</p> <p>The contact on the box is a plyometric contraction with rebound jump off the box.</p> <p>The landing needs to be with control, the emphasis is on the take-off and the jump.</p>
<p>Skill 2</p> <p>Step or lunge to handstand on board and land on back to 30cm super soft mat (arms optional)</p>		<p>Step into handstand and join legs together before or at vertical.</p> <p>Maintain an open shoulder angle and straight body position.</p> <p>Maintain a flat back landing during the 'fall' to back phase. The body is to remain straight with the shoulder angle completely open.</p> <p>All body parts contact the mats at the same time.</p> <p>Head remains neutral throughout.</p>



Australian Women's Levels Program



Foundation Levels Level 2 Uneven Bars

Element	Images	Technical Description
<p>Skill 1</p> <p>Grasp LB, hold dish shape for 2 seconds, bent knee swing x 3 with re-grasp (start can be from the floor or board or 20cm padded box)</p>		<p>Stand on box with shoulders no higher than LB height, grasp LB.</p> <p>Hold body in dish shape for minimum 2 seconds with chest in.</p> <p>Lift or jump feet to bend knees keeping hips open to swing x 3.</p> <p>Swing with straight arms and long hang with open shoulders and head neutral.</p> <p>Tapping action to be performed under the bar.</p> <p>Re-grasp at peak of back swing.</p> <p>Extend legs to stand on floor and release bar at peak of third back swing.</p>
<p>Skill 2</p> <p>Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)</p>		<p>Stand on box with shoulders no higher than the height of the LB.</p> <p>With hands in top grip push down on the bar at the same time as the feet jump off the box to lift hips to the bar.</p> <p>Arms should remain straight throughout.</p> <p>The body lifts to front support position and maintains a dish body shape throughout.</p>

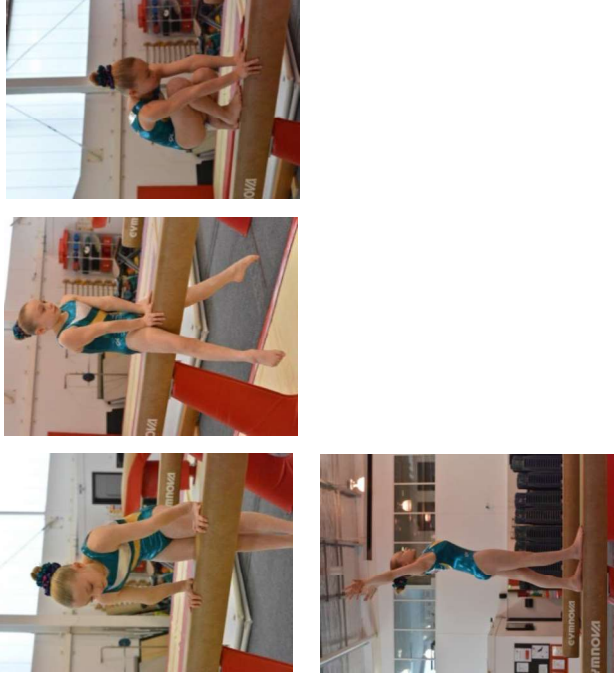

Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 3</p> <p>Casts x 2 in series (toes to bar height in casts)</p>		<p>Legs move forwards into a cast to minimum toes to bar height.</p> <p>A concave (dish) shape must be shown clearly on the cast with the chest/upper back.</p> <p>The hips must remain straight/open.</p> <p>Arms straight and body tight.</p>
<p>Skill 4</p> <p>Roll forward through controlled tuck hang hold for 2 seconds and then stand</p>		<p>A slow controlled roll action is required with hands rotating around the bar.</p> <p>Move through tuck hang position with straight arms and head neutral.</p> <p>The legs start in stretched position and tuck with knees to chest when tuck hang position is reached. Hold tuck for 2 seconds.</p> <p>Extend legs to stand on floor.</p>

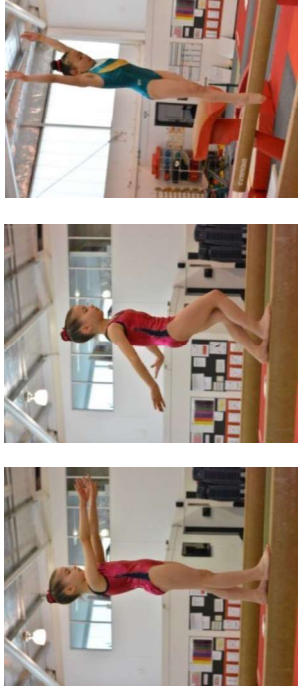
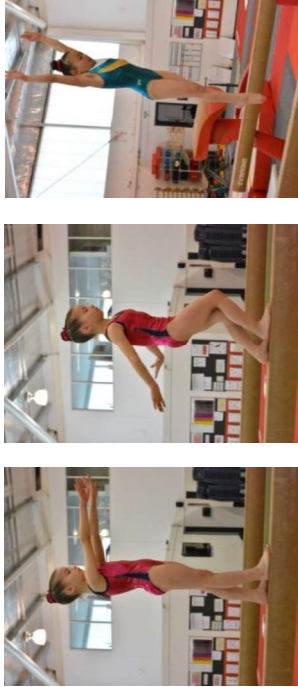
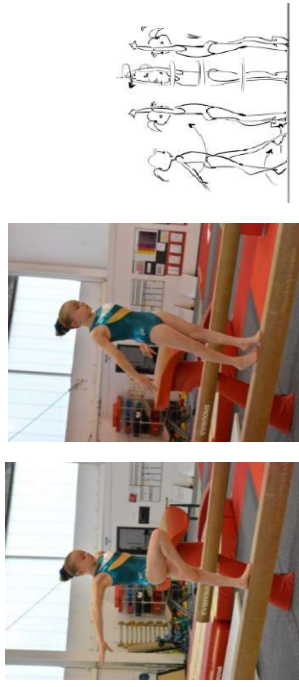
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Foundation Levels Level 2 Beam

Element	Images	Technical Description
<p>Skill 1 Jump to front support, lift leg over to straddle sit, swing legs back to squat, stand on beam</p>		<p>With hands on top of beam push down on the beam at the same time as the feet jump off the box to lift hips to the beam.</p> <p>Arms should remain straight throughout.</p> <p>The body lifts to front support position and maintains a dish body shape throughout.</p> <p>Lift one leg up and over the beam with $\frac{1}{4}$ turn to straddle sit.</p> <p>Arms and legs remain straight in the leg lift to straddle sit.</p> <p>Legs are held straight in the swing backwards to beam height, before tucking to stand.</p> <p>Torso remains vertical during stand.</p>
<p>Skill 2 Step to arabesque, hold straight line (from toe through hip to shoulder)</p>		<p>Step forward and lift rear leg upwards and backwards to horizontal at the same time as torso lowers slightly.</p> <p>Arms may be held overhead and in line with torso or open to side horizontal.</p> <p>Mark arabesque position with slightly turned out rear leg, then return to stand or lunge with upright posture.</p>

Australian Women's Levels Program

Element	Images	Technical Description
Skill 3 4 x walk forwards on releve		Walk with upright posture, eyes looking forward along beam. Point one foot forward to touch the beam surface. Then place this foot on the beam to step forward on releve. Arms should show a co-ordinated action in time with the steps or remain in side horizontal position. Repeat x 3.
Skill 4 Straight jump on beam		Stand with feet along beam, one foot slightly in front and arms forward horizontal. Swing arms down and backward behind hips while bending knees. Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to jump. Tight upper body that remains vertical throughout. Return arms to forward horizontal as knee, hip and ankle joints flex.
Skill 5 2 x passé steps, half turn on 2 feet, finish in releve hold		Passé steps are performed with hip and knee flexed forwards and free pointed toe placed on medial condyle of support leg. Step, lift free leg to forward passé. Repeat on the other leg. Arms optional. From 2nd passé step, place free foot slightly in front of the other along the beam, arms straight down by sides. Rise strongly on both feet and hold in releve. Pivot 180° on two feet in releve with all body parts turning together. Hold releve position.

Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 6</p> <p>Step into straight jump dismount from the end of the beam (landing surface must be no greater than 30cm below the height of the beam)</p>		<p>Step forward to join one foot slightly in behind the other along the beam with arms forward horizontal.</p> <p>Swing arms down and backward behind hips while bending knees.</p> <p>Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to jump upward and slightly forward.</p> <p>Tight upper body that remains vertical throughout.</p> <p>Arms return to forward horizontal as knee, hip and ankle joints flex on landing.</p> <p>The landing needs to be with control, the emphasis is on the take-off and the jump.</p>

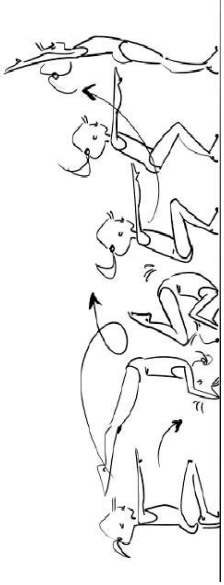
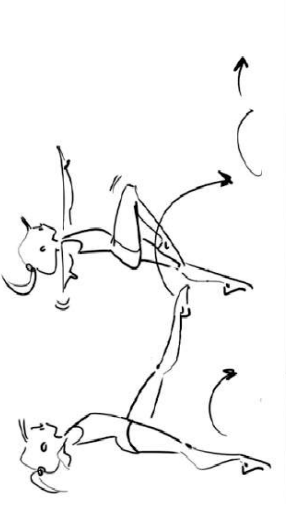
Australian Women's Levels Program



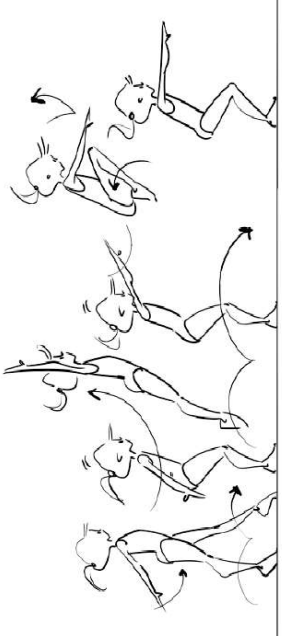
Foundation Levels Level 2 Floor

Element	Images	Technical Description
<p>Skill 1 Handstand step down to lunge</p>		<p>Begin with correct standing posture with arms vertical and preferred foot pointed forward. Step onto preferred foot and place hands on floor shoulder-width apart. A straight body line position from hands, shoulders, hips and back foot must be maintained throughout. Head remains neutral. Lift one leg to vertical and lift second leg to join first leg at vertical. Handstand shows support (approx. 1 second) with eyes focused on hands and legs straight. Return to lunge position on the front leg with arms lifting from the floor to forward horizontal.</p>
<p>Skill 2 Forward entry cartwheel to finish in side position</p>		<p>Begin with correct standing posture with arms vertical and preferred foot pointed forward. Lunge entry into cartwheel with a straight body line position from hands, shoulders, hips and along back leg. Place first hand on floor and lift first leg to vertical maintaining straight body line position. Late ¼ turn into second hand placement. Hands shoulder-width apart and facing slightly inward. Chest in throughout cartwheel. Legs move over hands through the lateral plane. Cartwheel finishes facing the side with both feet perpendicular to the start line. Arms finish in upward oblique with correct standing posture.</p>

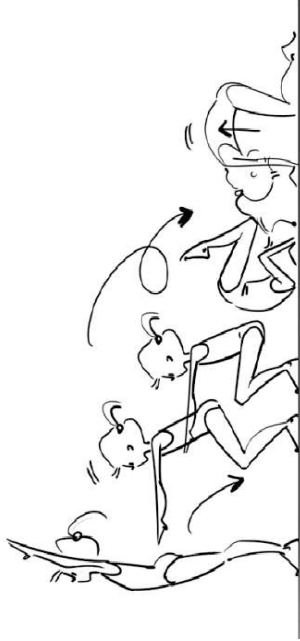

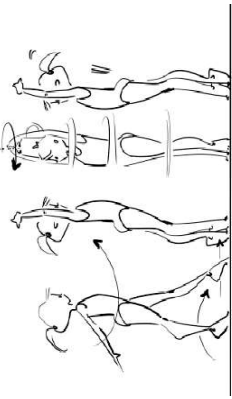
Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 3</p> <p>Tuck forward roll immediate tuck forward roll</p>	 <p style="text-align: center;">x 2</p>	<p>Squat and place hands flat on floor approximately shoulder-width apart.</p> <p>Tuck head and roll forward with control.</p> <p>Straight legs move through a pike position to a compact tuck position during the roll.</p> <p>On completion of roll maintain tuck position and connect smoothly with second forward roll.</p> <p>Stand without the aid of hands pushing off the floor.</p> <p>Arms continue forward and up to vertical and present in straight standing position at the completion of the roll.</p>
<p>Skill 4</p> <p>Spring steps x 2</p> <p>Step hop x 2</p>	 <p style="text-align: center;">x 2</p>	<p>Full ankle stretch and toe point with slight turn out should be shown in <u>spring steps</u>.</p> <p>Step forward onto flat foot, the spring steps will be executed as 2 spring points in first position on one leg followed by 2 spring points on the other leg.</p> <p>The free leg will lift slightly to 45° below horizontal without any forward travel on each spring step.</p> <p>Body is held tall and tummy tucked in and hips tucked under.</p> <p>Step forward onto flat foot and hop upward, lifting free leg to forward passé position.</p> <p>Support leg must remain straight. With the foot pushing through demi point to full point.</p> <p>Repeat on other leg.</p> <p>Arms optional but should show co-ordinated movement. Arms may remain on hips throughout.</p>

Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 5 Step into straight jump, tuck jump</p>		<p>Step forward to join feet together. Bend knees and then dynamically extend legs through hips, knees and ankles and jump upward. Upper body remains vertical throughout. Tight body in the air. On landing, strong rebound on the floor with the legs. The contact on the floor is a plyometric contraction with a rebound jump. Dynamically extend legs through knee, hip and ankle joints, extend and straighten to lift to jump. At height of the jump, knees lift to tuck position with body upright. After peak of jump legs extend and return to floor with flexion at ankle, knee and hip, to land with control. The landing needs to be with control, the emphasis is on the take-off and the jump.</p>

Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 6</p> <p>Backward roll to angry cat Jump to front support, lower to floor and roll over to lie flat on back, push to bridge, lie down</p>	 	<p>Begin with correct standing posture with arms vertical. Standing in parallel first position squat down and commence backward roll.</p> <p>Roll backwards maintaining arm position throughout roll. Hands face slightly inward on contact with floor, shoulder-width apart and arms pushing towards straight.</p> <p>Straight legs move through a pike position to a compact tuck position during the roll.</p> <p>On completion of roll maintain tuck position and contract into an angry cat position.</p> <p>Jump feet backward to show front support.</p> <p>Arms straight and hands under shoulders.</p> <p>Head neutral.</p> <p>Lower body to floor and roll over with straight, tight body.</p> <p>Bend knees to place feet together close to hips.</p> <p>Bend arms to place hands close to shoulders. Fingers should point towards feet.</p> <p>Push to bridge position with feet remaining flat and still on floor.</p> <p>Arms and legs push straight and shoulders move backwards past hands.</p> <p>Return to lie on floor and then extend arms and legs to straight, tight body shape.</p>
<p>Skill 7</p> <p>Releve ½ turn on 2 feet</p>		<p>Begin with correct standing posture with arms by sides. Preferred foot should be slightly in front of other foot.</p> <p>Rise strongly on both feet and hold in releve.</p> <p>Pivot 180° on 2 feet with all body parts turning simultaneously.</p> <p>Hold releve position briefly on completion of turn.</p>