



LEVEL 4

SKILL REFERENCE SHEET



BASIC
FUNDAMENTAL
VARIATIONS

LEVEL 4

TRADITIONAL



Dive Kong

A diving kong vault that clears a certain distance or obstacle before hands come down to finish the vault.

Lazy/Thief Vault

A vault with an angled approach to an obstacle. Inside hand contacts obstacle first, and either foot can jump off the ground. The foot that takes off dictates whether it is a thief or a lazy vault.

Vault Precision (High to Low)

A vault over an obstacle with a precision landing on a lower obstacle on the other side.

Turn Vault

A vault in which you go from one side of an obstacle to the other, usually a railing, and land still holding on. Useful for minimizing the impact from a drop.

Pop Vault

A variation of the normal vaults, where you use a single step off the face of the obstacle to be able to vault higher obstacles.

Lache Regrab

A type of swing where you release the bar and travel forwards, landing and catching another bar.

Pull Over

A bar skill where you pull your legs up and over the bar from a hanging position to a hip catch position.

Bar Vaults

Basic vaults performed on a bar or railing.

Bar Precision

A precision landing performed on a bar or railing.

Dyno

From a cat, or hanging position, launch yourself upwards with both arms and catch a higher hanging position.