

Amethyst Skills Set

Beam

- Swing leg mount
- Step ½ turn
- Straight jump
- Tuck jump
- Kick up into handstand
- Side handstand dismount

Floor

- Jumps (pike, straddle, tuck, wolf)
- Bridge walkover
- Cartwheel
- Round off
- Backward roll into pike handstand
- Solid handstand
- Step full turn

Bars

- Glide
- Pullover
- Back hip circle
- Cast
- Tap swing
- Flyaway timer

Vault

- Underarm swing
- Squat on vault
- Handstand flat back on mat