

Skill Guru Study Guide & Test Information

Part 1

Multiple Choice and Videos (30 Questions)

You will be tested on:

- the order of skills in the curriculum
 - which skills are part of which levels and events
 - the subcategory each skill applies to
 - which skills are evaluated with assistance
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Part 2

Multiple Choice (20 Questions)

You will be tested on:

- the focal points associated with each of the skills in the curriculum
 - specific details about the form and execution of the skills in the curriculum
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Part 3

Videos (15 Questions)

You will be tested on:

- accurately evaluating skills in the curriculum

Skill Guru Practice Test

Part 1 (The Curriculum)

1. What is the name of this [skill](https://www.youtube.com/watch?v=kL4qN8myc40&list=PLJYRjg5verbM7KUUfhImTbC2D1o4uFBWI&index=6)?
(<https://www.youtube.com/watch?v=kL4qN8myc40&list=PLJYRjg5verbM7KUUfhImTbC2D1o4uFBWI&index=6>)
 - a. Lunge Lever Lunge
 - b. L Handstand
 - c. Handstand
 - d. Lunge Lever Squat

2. Which event in the curriculum evaluates a Candlestick?
 - a. Vault
 - b. Uneven Bars
 - c. Balance Beam
 - d. Floor Exercise

3. A Lunge Lever Squat on Balance Beam is included the progression for which skill?
 - a. Back Walkover on Low Balance Beam
 - b. Handstand on Balance Beam
 - c. Mount on Balance Beam
 - d. Mount to Squat on Balance Beam

4. Which Beginner Level 1 Uneven Bar Skill is evaluated with assistance?
 - a. Forward Roll Down
 - b. Jump Front Support
 - c. Cast Back Hip Circle
 - d. None of the Above

5. At which level would you evaluate this [skill](https://www.youtube.com/watch?v=UguJ_e5QPiE&list=PLJYRjg5verbM7KUUfhImTbC2D1o4uFBWI&index=4) on Uneven Bars?
(https://www.youtube.com/watch?v=UguJ_e5QPiE&list=PLJYRjg5verbM7KUUfhImTbC2D1o4uFBWI&index=4)
 - a. Intermediate 3
 - b. Intermediate 4
 - c. Advanced 5
 - d. Advanced 6

6. A Back Walkover is included in the progression of which skill?
 - a. Cartwheel
 - b. Roundoff Back Handspring
 - c. Back Handspring Step Out
 - d. Front Handspring

7. Which skills precede the Handstand Front Limber in the Front Tumbling subcategory of the Floor Exercise Curriculum? Select all that apply.
 - a. Handstand
 - b. Front Walkover
 - c. Handstand Forward Roll
 - d. Front Handspring

8. Which of the following skills are included in the Mount subcategory of the Uneven Bars Curriculum?
 - a. Double Cast
 - b. Kip (Assisted)
 - c. Pullover with Legs Together
 - d. Jump to Front Support

9. What position does the Intermediate 3 Lever on Balance Beam end in?
 - a. A Lunge
 - b. A Mountain Climber
 - c. A Squat
 - d. "No Sharing" Feet

10. Which of the following is the correct order of skill in the Tsuk Entry subcategory on Vault?
 - a.
 1. Safety Landing from 8"
 2. Handstand (Belly to Wall)
 3. Cartwheel Step Together on a Line
 4. Bounder Roundoff (Trampoline)
 5. Tsuk Entry Onto 24"
 6. Tsuk Entry Over 24"
 - b.
 1. Safety Landing from 8"
 2. Handstand (Back to Wall)
 3. Cartwheel Step Together on a Line
 4. Run Hurdle Roundoff
 5. Tsuk Entry Onto 24"
 6. Tsuk Entry Over 24"
 - c.
 1. Safety Landing from 16"
 2. Handstand (Back to Wall)
 3. Power Hurdle Roundoff
 4. Bounder Roundoff (Trampoline)
 5. Tsuk Entry Onto 24"
 6. Tsuk Entry Over 24"

Skill Guru Practice Test

Part 2 (Focal Points)

1. Maintaining straight arms and legs throughout, having the hips tucked under, keeping the feet in front of the body throughout and getting to full extension with flat hips are all key elements of which skill?
 - a. Glide Swing
 - b. Handstand Forward Roll
 - c. Candlestick
 - d. Back Walkover

2. Which focal points apply to the Floor Exercise Cartwheel Step Together? Select all that apply.
 - a. Maintain flat hips and look under the non-dominant arm in the straddle handstand phase
 - b. Start in a lunge
 - c. Lunge with opposite leg in front upon completion
 - d. Watch first foot (dominant) land

3. "Start in a lunge" can apply to which of the following skills? Select all that apply.
 - a. Side Handstand Dismount on Balance Beam
 - b. Stretch Jump on Balance Beam
 - c. Cartwheel on Balance Beam
 - d. Forward Roll on Balance Beam

4. Which focal points apply to the Vault Kick Handstand Flatback? Select all that apply.
 - a. Whole body makes contact with mat at the same time
 - b. Tight core and flat hips throughout handstand and flatback phases
 - c. Legs come together directly before landing
 - d. Fast heel drive to angled handstand with eyes on hands

5. Starting in a lunge, having the legs come together at vertical and watching both the first foot and second foot land are all key elements of which skill?
 - a. Handstand on Balance Beam
 - b. Cartwheel on Balance Beam
 - c. Cartwheel on Floor Exercise
 - d. Handstand on Floor Exercise

Skill Guru Practice Test Part 3 (Skill Evaluations)

1. Evaluate this [skill: https://youtu.be/0ltzlx60_HE?si=WTB6HDwLzKIt3ZC6](https://youtu.be/0ltzlx60_HE?si=WTB6HDwLzKIt3ZC6)
 - a. 0 Stars
 - b. 1 Star
 - c. 2 Stars
 - d. 3 Stars
2. Evaluate this [skill: https://youtu.be/_8WAGT_hS9E?si=u5_1B19PlecJ8usC](https://youtu.be/_8WAGT_hS9E?si=u5_1B19PlecJ8usC)
 - a. 0 Stars
 - b. 1 Star
 - c. 2 Stars
 - d. 3 Stars
3. Evaluate this [skill: https://youtu.be/OBySaqukk1I?si=113i12kc262R2gRa](https://youtu.be/OBySaqukk1I?si=113i12kc262R2gRa)
 - a. 0 Stars
 - b. 1 Star
 - c. 2 Stars
 - d. 3 Stars
4. Evaluate this [skill: https://youtu.be/flK5UQ5RJ8o?si=Q1um-z1rpFO_25gn](https://youtu.be/flK5UQ5RJ8o?si=Q1um-z1rpFO_25gn)
 - a. 0 Stars
 - a. 1 Star
 - b. 2 Stars
 - c. 3 Stars
5. Evaluate this [skill: https://youtu.be/CZJuF6okBUU?si=to-H-jeZOmxCYd-i](https://youtu.be/CZJuF6okBUU?si=to-H-jeZOmxCYd-i)
 - a. 0 Stars
 - b. 1 Star
 - c. 2 Stars
 - d. 3 Stars