

CHEER BASICS EVALUATION					
Flexibility		Star Value	Gymnast Name: _____		Age: _____
Skin the Cat		1. 2. 3. 4.	Class Day: _____		Class Time: _____
Toe Point		1. 2. 3. 4.	Tumbling List		Star Value
Pike		1. 2. 3. 4.	Standing		
Right Split		1. 2. 3. 4.	Front Handspring		1. 2. 3. 4.
Left Split		1. 2. 3. 4.	Back Handspring-		1. 2. 3. 4.
Middle Split		1. 2. 3. 4.	Front Handspring Step out		1. 2. 3. 4.
Bridge		1. 2. 3. 4.	Back Handspring Step out		1. 2. 3. 4.
			BHS series (2+)		1. 2. 3. 4.
Jumps		Star Value	Back Tuck		1. 2. 3. 4.
Spread Eagle		1. 2. 3. 4.	Back Tuck Series		1. 2. 3. 4.
Spirit Tuck		1. 2. 3. 4.	Layout		1. 2. 3. 4.
Toe Touch		1. 2. 3. 4.	Full		1. 2. 3. 4.
Pike		1. 2. 3. 4.	Straddle jump to BHS/tuck		1. 2. 3. 4.
Left Hurdler		1. 2. 3. 4.	Any combo of 3		1. 2. 3. 4.
Right Hurdler		1. 2. 3. 4.	Running		
Double Hook		1. 2. 3. 4.	Any combo of 3		1. 2. 3. 4.
Left Double Nine		1. 2. 3. 4.	Round off Back Handspring		1. 2. 3. 4.
Right Double Nine		1. 2. 3. 4.	Front tuck		1. 2. 3. 4.
			Round off Back Tuck		1. 2. 3. 4.
Upper Motions		Star Value	Round off BHS series (2+)		1. 2. 3. 4.
High V		1. 2. 3. 4.	Round off BHS + back tuck		1. 2. 3. 4.
Low V		1. 2. 3. 4.	Round off layout		1. 2. 3. 4.
O		1. 2. 3. 4.	Round off full		1. 2. 3. 4.
T		1. 2. 3. 4.			
Broken T		1. 2. 3. 4.	Lower Motions		Star Value
Cross		1. 2. 3. 4.	Dig		1. 2. 3. 4.
Touchdown		1. 2. 3. 4.	Side Dig		1. 2. 3. 4.
Low Touchdown		1. 2. 3. 4.	Hitch		1. 2. 3. 4.
Candlesticks		1. 2. 3. 4.	Lunge		1. 2. 3. 4.
Daggers		1. 2. 3. 4.	Torch		1. 2. 3. 4.
Bow and Arrow		1. 2. 3. 4.	Liberty		1. 2. 3. 4.
Cone		1. 2. 3. 4.	Heel Stretch		1. 2. 3. 4.
L/R Diagonal		1. 2. 3. 4.			
L/R Broken Diagonal		1. 2. 3. 4.	Flyer Motions		Star Value
K (L/R)		1. 2. 3. 4.	Liberty		1. 2. 3. 4.
L (L/R)		1. 2. 3. 4.	Cupie		1. 2. 3. 4.
Punch (L/R/U/D)		1. 2. 3. 4.	Bow and Arrow		1. 2. 3. 4.
Clap		1. 2. 3. 4.	Heel Stretch		1. 2. 3. 4.
Clasp		1. 2. 3. 4.	Scorpion		1. 2. 3. 4.
Clean		1. 2. 3. 4.	Scale		1. 2. 3. 4.
Hips		1. 2. 3. 4.	Torch		1. 2. 3. 4.
Notes:			Arabesque		1. 2. 3. 4.