

## Gymnastics Basic (skills required to advance to middle)

- \_\_\_ Candle Straight \_\_\_ Candle Bent
- \_\_\_ Forward & Back Roll Stretch Jump
- \_\_\_ Straddle Roll
- \_\_\_ Lunge-Dog Broken Leg Rebound
- \_\_\_ T in Cartwheel (favorite)
- \_\_\_ T to Kisser
- \_\_\_ T to Handstand Step Out
- \_\_\_ T to Handstand Forward Roll
- \_\_\_ Bridge 5x march \_\_\_ 1 leg \_\_\_ planche \_\_\_
- \_\_\_ Octagon Snap Over
- \_\_\_ Back Bend onto wedge
- \_\_\_ Bridge Kickover off height
  
- \_\_\_ 1 Leg Lift \_\_\_ 1 Pull Up \_\_\_ 1 Pike Glide
- \_\_\_ Tuck \_\_\_ Straddle \_\_\_ Pike Hang (3sec)
- \_\_\_ Jump To Front Support (belly ht)
- \_\_\_ 3 Casts (in & out)
- \_\_\_ Roll Off Bar
- \_\_\_ Bat Hang \_\_\_ Bat Swing
- \_\_\_ Run Forward Straddle Back
- \_\_\_ Pull Over (wedge or wall)
  
- \_\_\_ High Skips
- \_\_\_ 5 Run Quick Squish Square
- \_\_\_ 5 Run Circle Arms Hurdle onto Square
- \_\_\_ Stand arm circle jump onto Board & Stretch Jump Off
- \_\_\_ 5 Run arm circle hurdle onto Board up/ mat
- \_\_\_ 7 Run arm circle hurdle onto Board up/ resi
  
- \_\_\_ Forward \_\_\_ Back \_\_\_ Side Walks
- \_\_\_ Stretch Jumps
- \_\_\_ Dips
- \_\_\_ High Kicks
- \_\_\_ Forward Chaine'
- \_\_\_ 1 Tuck Jump
- \_\_\_ Flamingo (5 sec)
- \_\_\_ Pivot Turn