

	Vault Skills	Bar Skills	Beam Skills	Floor Skills	General
TIGERS	One foot to two feet on board, rebound	Tuck hang - 5 seconds	Releve hold	Jumps - straight & tuck	Leaping (1 foot to other foot)
	Squat on block (hands on outside, feet in middle)	Pike Hang - 3 seconds	Knee scale	Coupe/Flamingo hold	Body positions - straight, tuck, straddle, pike, lunge
	Land, Freeze, finish	Glide swing with barrel	Arabesque 3 sec both sides	Lunge, lever(T), kick up, lunge - General idea	Following Directions
	Running, Skipping, Chasse (Sideways)	Front support, forward roll dismount	Walk F/B/S on low beam - <i>without help</i>	Forward roll on floor - may use hands	Cooperation (taking turns, respect toward coach/classmates)
		Hang on bar, touch toes to bar in straddle position	Lunge, lever(T), lunge <i>Hands do not touch</i>	Backward roll down incline <i>hands flat on floor near ears</i>	Overall readiness and body awareness
		Pull over using wedge against the wall: Basic understanding		Handstand w/ tummy on wedge Cartwheel	Trampoline Safety- jumps in the middle of the trampoline (red "X")
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BEG 1	Straight jump onto min 16" w/ spring board No stepping on spring board	Glide swing in hollow	Front support mount (Stomach does not touch) + walk in releve across MB + straight jump DM, land freeze, finish	Jumps (straight, tuck, split 90 degrees)	Body positions - straight, tuck, straddle, pike, lunge, Landing (c) position
	Squat on Beginner Vault or Trainer w/hands	Hang on HB- walk hands all the way across bar in tuck position	Walk B/S flat foot on MB	Backward roll down incline, start from feet	Running, Skipping, Chasse (Sideways), Hop on 1 Foot
		Pull over using stairs and block, End in front support, hollow hold	Pivot turn	Forward roll on floor, use hands to roll but not to stand up	Leaping (1 foot to other foot)
		Sole Circle Drill onto Mat Bar at/or below knee	Lunge Lever Lunge on LB (No kick up)	Turn prep/Coupe in releve (hold 3 secs)	Following Directions
			Backward Releve Walk LB	Cartwheel Start/end in Lunge	
			Straight Jump on LB	Lunge, lever 3/4 handstand, lunge Bridge hold one leg in air, straight leg	
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BEG 2	Step, hurdle, under arm lift, jump, freeze no running	Pull over (bar at shoulders), 3 casts (in Hollow), back hip circle w/ light spot	Turn Prep on MB	Straddle jump (Knees to ceiling), pike jump	
	Step, 1 ft take off handstand flatback on 8", no SB	Sole circle - Jump two ft on & in land in C	Releve walks B/S on MB	1/2 toe turn in releve	
	Pop up on Training Table proper jump from SB	Glide swing off block in Hollow	Bear Walks on MB	Backward roll on floor (stretch, roll, land on feet, finish)	
	1 ft 2 ft freeze	Squat on w/ floor bar	Jumps- tuck and split on low beam 90-120 degrees	Cartwheel start lunge finish in lunge	
		Swings with regrasps on raised LB w/bent knees	Lunge kick-up (feet do not come together) on LB	Handstand to bridge w/ wedge & rollie	
			Straight Jump on MB	Cartwheel on other side (general idea)	
		Jumps- tuck and split on LB 90-120 degrees			
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BEG 3	Run, hurdle over yoga mat, pop up off SB onto vault (set to 105)	Pull over (<i>Bar at eye level</i>), 3 casts back hip circle, 3 casts Sole Circle land <i>No spot</i>	1/2 toe turn LB	Split leap above 90 degrees	
	2 8" mats w/ trapezoid - Run, hit SB, handstand flatback	Cast at 45 degree	Side handstand on LB hold 2 Sec	Backward roll to prone on incline mat (finger tips together)	
	Off block, arm circle jump to push up shape on vault	3 glide swings in a row	Lunge, Handstand, Lunge on low beam	Round off (general idea)	
	1 foot to 2 feet, hit SB, bounce back	Swings on HB w/ straight legs and regrasp	Cartwheel on FB	Handstand forward roll	
		Squat on (Bar at knee height)	Lunge handstand lunge on LB	Run, hurdle, cartwheel step-in, motion running backwards	
			Straight, tuck, split jumps on MB not connected		

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INT 1	Runn, hurdle, jump to 3/4 handstand (Vault set at 105)	Pike glide, toes to bar, (tight legs, no tap, ft in front)	Lunge, 3/4 handstand on medium beam	Split leap connected to tuck jump
	Run, hit SB, handstand flatback on resi pit	Pull over LB, 1 cast back hip circle, 1 cast, sole circle	1/2 toe turn medium beam	Backward roll to prone position on floor (<i>Start on ft, finger tips together</i>)
	Arm circle handstand hops	Jump off block to HB with spot in hollow, 3 tap swings	Round off dismount with legs over top off HB	Run, Hurdle, round off rebound
		Quad bar @ no lower than 4 or 5, jump from block to squat on onto quad bar	Cartwheel on low beam (road beam doesn't count)	Handstand fall to bridge rock to stand
		Cast push away onto block in hollow	Straight jump, split jump, connected MB	Backbend kick over
		Jump from block to squat on, jump land (bar at 4 or 5)	Pike & Straddle on LB	Full toe turn in releve
			Tuck jump on HB	Straight Jump Full
		Side Handstand on MB		
	Vault Skills	Bar Skills	Beam Skills	Floor Skills
INT 2	Handspring over sideways resi pit, landing in pit	Kip with spot to pike hollow	Full turn on LB (releve & step in front)	Tuck jump full turn stick
	Run, hit SB handstand onto vault at (Set at 110)	1 Cast to squat on (w/ light spot)	Cartwheel on MB w/ light spot	Back extension roll down incline (<i>Fingers point in</i>)
	Handstand onto training table to flat back w/flight to resi pit	Straddle Roll Over (quad bar or LB to wedge & pit pillow)	Split leap MB (90-120 degrees)	Running round off, rebound to pike sit on wedge/pit pillow
		Long Hang Pullover on HB w/ Light Spot + 1 cast push away to 3 tap swings (showing hollow/arch shape)	Straight jump 1/2 turn HB	Front walkover w/ light spot
			Lunge, handstand, lunge on HB (doesn't have to hold)	Back walkover
			Split or pike or straddle jumps on HB	Back handspring on floor or 4" mat
				Front handspring off wedge or SB
			dive roll onto 2 stacked 8" mats	
	Vault Skills	Bar Skills	Beam Skills	Floor Skills
INT 3	Handspring over vault w/ flight & block (no spot)	Kip with light spot	Split leap 90-120 degrees high beam	Jump/leap series with at least one turning jump
	1/2 on over vault trainer onto resi	Pull over, back hip circle, squat on (connected)	Tuck 1/2 on HB	Round off back handspring
	Half on	Squat on jump to HB, long hang pullover on first swing	Lunge, handstand, lunge on HB	Front walkover
	Twisting Vault- 1/2 on, 1/2 off or FHS, 1/2 twist)	Cast, push away, baby giant on HB	Cartwheel on HB	Back tuck with light spot off block
		Fly-away on 1 w/ spot	Saito dismount w/o spot HB	Front tuck with spot
		Long Hang kip on HB	Back walkover, front walkover, or round off on LB	Front handspring land on 2 feet, hips open
		Kip (no spot)	Full turn on HB	Back Extension Roll (<i>fingers point together</i>)
		Free hip circle	Wolf 1/2 or Tuck 3/4 on HB	round off, 2 back handsprings
		Cast, push away kip on LB	Jump Series w/ 1 superior jump or leap	Tuck Jump Full
		Switch kip on LB	Back walkover, front walkover, or round off on HB	Wolf Jump Full
		cast above horizontal	End mount w/o spot HB	Switch Leap or switch side leap
		Fly-away on 2 w/o spot	Side straddle, pike, or split jump on MB	Round off back handspring, back tuck
			Front Tuck - no spot	
			Tour Jete	