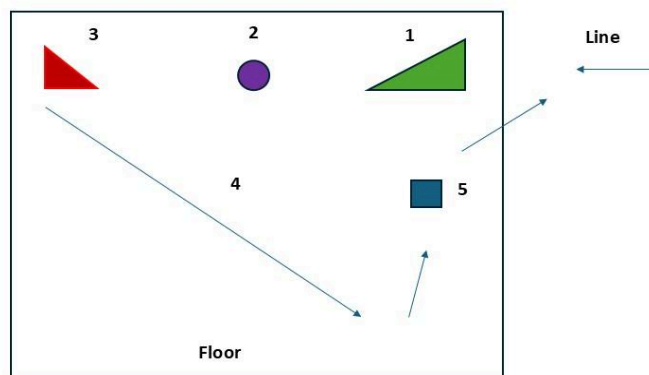


## **Beginner 1**

Floor (Salute before starting circuit)

1. \*\*Wedge: Forward Roll
2. Dot: Lever kick up or handstand & jump, Chasse to mat
3. Red Mini Wedge: Bridge with legs on mat
4. Dot: Run into cartwheel
5. Block: Leap over



Bars (2 gymnasts at a time)

- Low Bar: Salute, Pull over, 3 casts, forward roll DM
- (from block) High Bar: 3 swings, Jump down, Salute

Beam (2 gymnasts at a time)

- High Beam: Salute, Climb onto Beam, Arabesque kicks, Flamingos (Coupe Walks), Jump Down, Salute
- Road Beam: Lunge Lever Lunge
- Elevated Floor Beam: Releve walk to middle of beam, pivot turn, straight jump

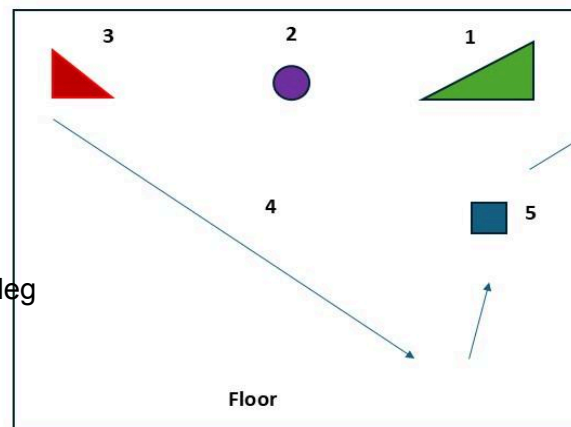
Vault (Continuous Circuit):

- Springboard: Jump off, freeze
- Training Vault: Pop up/ Squat
- Vault: Salute, Squat on , on, Salute
- Air Trak: Favorite jump down

## **Beginner 2, Home School Beginners**

Floor (Salute before starting circuit)

1. \*Wedge: Back Roll
2. Dot: Handstand & jump, Chasse to mat.
3. Red Mini Wedge: Bridge with legs on mat, can lift leg
4. Dot: Run into cartwheel
5. Block: Leap over



Bars (2 gymnasts at a time) (Boys do boys things)

- Low Bar: Salute, Pull over, 3 casts, back hip circle, forward roll DM
- High Bar (from block): 3 swings, DM, Salute

Beam (2 gymnasts at a time)

- High Beam: Salute, Climb onto Beam, Arabesque kicks, Bunny hops, jump Down, Salute
- Road Beam: Lunge kick-up
- Elevated Floor Beam: Tuck Jump and Split Jump

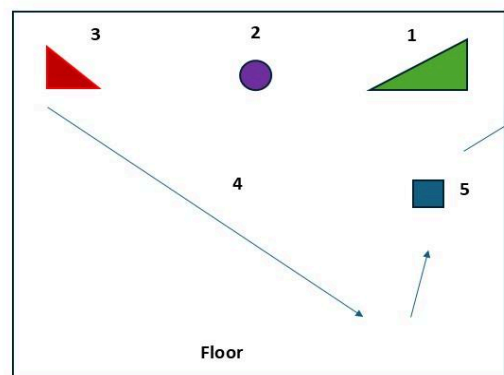
Vault (Continuous Circuit):

- Springboard: Arm circle, Jump, freeze
- Training Vault: Pop up/ Squat
- Vault: Salute, Squat on , on, Salute
- Air Trak: Favorite jump down

## Beginner 3, Intermediate 1 and Homeschool Intermediate

Floor (Salute before starting circuit)

1. \*Wedge: Back Roll
2. Dot: Handstand & jump, Chasse to mat.
3. Red Mini Wedge. Bridge kick over on mat or floor or bridge with leg up **\*\*No Spotting\*\***
4. Dot: Run into cartwheel, cartwheel step in, or round off
5. Block: Leap over



Bars (2 gymnasts at same time)

- Low Bars: Salute, Pull over, 3 casts, back hip circle,
- High Bar: Salute, 3 (regrasp) tap swings, DM, Salute

Beam (2 gymnasts at same time)

- High Beam Salute, Climb onto Beam, Releve walks, Bunny hops, Flamingos (Coupe Walks), Jump Down (intermediate can round off DM), Salute
- Road Beam: Cartwheel
- Elevated Floor Beam: Straight, Tuck, Split Jump

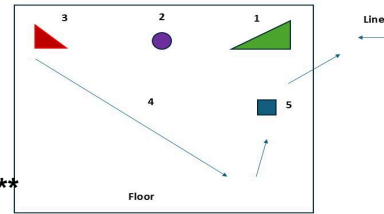
Vault (Continuous Circuit):

- Springboard: Arm circle, Jump, freeze
- Training Vault: Donkey Kick
- Vault: Salute, Pop Up, Salute
- Air Trak: Free choice **\*\*No Spotting\*\***

## Intermediate 2

Floor (Salute before starting circuit)

1. \*Wedge: Back handspring or on floor or Back Extension
2. Dot: Handstand & jump
3. Corner Options, Can connect anything working on in class **\*\*No Spotting\*\***
  - a. Handstand forward roll
  - b. FHS
  - c. BHS
  - d. BWO
  - e. FWO
  - f. Power Round off
  - g. Cartwheel
  - h. Back Roll
  - i. Front Roll
4. Block: Mini Switch leap or Switch leap



Bar

- Comp bar: Salute, Pull over, Back Hip Circle, climb up or squat on, Jump to HB, 3 swings, long hang pullover, cast push away or forward roll off, Salute

Beam (2 gymnasts at a time)

- High Beam: Salute, Climb onto Beam, 2 Jumps, Handstand, Round off dismount drill, Salute
- Road Beam: Cartwheel or tumble series
- Elevated Floor Beam: Jump Series/ Turning Jump

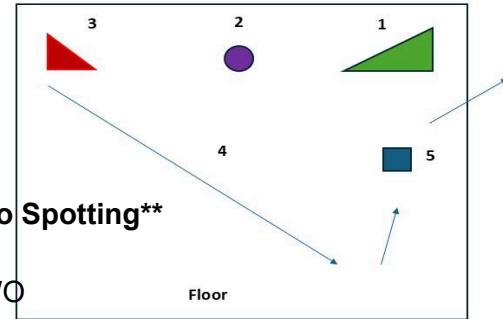
Vault (Continuous Circuit):

- Springboard: Arm circle, Jump, freeze
- Training Vault: Donkey Kick
- Vault: Salute, handstand, Salute
- Air Trak: Free choice **\*\*No Spotting\*\***

## Intermediate 3:

Floor (Salute before starting circuit)

1. \*Wedge: Back handspring or on floor or Back Extension
2. Dot: Handstand & jump
3. Corner Options, Can connect anything working on in class **\*\*No Spotting\*\***
  - a. Handstand forward roll
  - b. FHS
  - c. BHS
  - d. BWO
  - e. FWO
  - f. Power Round off
  - g. Cartwheel
  - h. Back Roll
  - i. Front Roll
4. Block: Mini Switch leap or Switch leap



Bar

- Comp bar: Salute, Pull over, climb up or squat on, Jump to HB, long hang pullover/ cast push away, baby giant, can do flyway if ready, Salute

Beam (2 at a time):

- High Beam: Salute, Climb onto Beam, 2 Jumps, Handstand/Cartwheel, Aerial dismount drill or DM, Salute
- Road Beam: Cartwheel Series or Tumble series
- Elevated Floor Beam: Jump Series/ Turning Jump

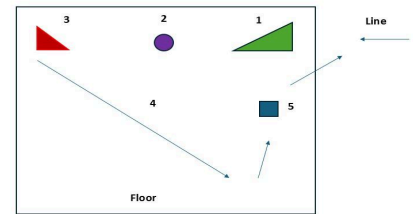
Vault (Continuous Circuit):

- Springboard: Arm circle, Jump, freeze
- Training Vault: Donkey Kick
- Vault: handstand or FHS
- Air Trak: Free Pass **\*\*No Spotting\*\***

## **Boys Basic/Boys Homeschool:**

### Floor (Salute before starting circuit)

1. \*\*Wedge: Forward Roll
2. Dot: Lever kick up or handstand & jump, Chasse to mat
3. Red Mini Wedge: Bridge with legs on mat
4. Dot: Run into cartwheel
5. Block: Leap over



### Bars (2 gymnasts at a time)

- High Beam: Salute, Climb onto Beam, Arabesque kicks, Flamingos (Coupe Walks), Jump Down, Salute
- Road Beam: Lunge Lever Lunge
- Elevated Floor Beam: Releve walk to middle of beam, pivot turn, straight jump

### Beam (2 gymnasts at a time)

- High Beam: Salute Jumps off HB
- Mushroom

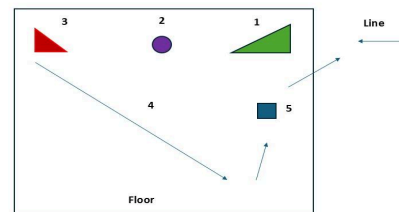
### Vault (Continuous Circuit):

- Springboard: Jump off, freeze
- Training Vault: Pop up/ Squat
- Vault: Salute, Squat on , on, Salute
- Air Trak: Favorite jump down

## Intermediate Boys

### Floor (Salute before starting circuit)

1. Wedge: Front or back handspring
2. Dot: Handstand
3. Mini red wedge: Bridge kickover
4. Dod/corner: Any tumbling skill worked on in class
  - a. Handstand forward roll
  - b. Back handspring
  - c. Front handspring
  - d. Power roundoff
  - e. Cartwheel
5. Block: Run or skip over to block then jump of choice.



### Bars

Low Bar: Salute, Pullover, Back hip circle, Squat on or climb up, Jump to HB, 3 swings, DM, Salute

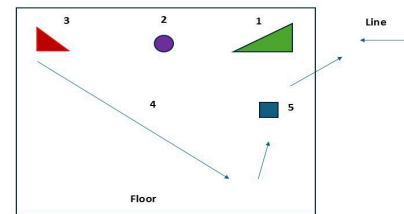
### **OR**

Low Bar: Salute, Pullover, Back hip circle  
High Bar: 3 regrasp tap swings, DM, Salute

### Vault

1. Springboard: Arm circle jump freeze
2. Training vault: Donkey Kick
3. Vault: Salute, Handstand or Front Handspring, Salute
4. Air Trak: Free pass **\*\*No Spot\*\***

## **Boys T&T**



### **Floor** (Salute before starting circuit)

1. Wedge: Forward or Backward roll
2. Dot: Lever kick up or Handstand
3. Mini red wedge: Bridge hold, legs on mat or put one leg up
4. Dod/corner: Run into cartwheel or forward roll
5. Block: Run or skip over to block then jump of choice.

### **Bars** (two at a time)

Low Bar: Salute, Pull over, 3 casts (back hip circle if can), Forward roll DM  
High Bar: 3 Swings or 3 regrasps tap swings, DM, Salute

### **Vault** (Continuous Circuit)

1. Springboard: Arm circle, Jump, freeze
2. Training Vault: Pop up/ Squat
3. Vault: Salute, Squat on , on, Salute
4. Air Trak: Favorite jump down