

Tigers

Floor Skills	Bar Skills	Beam Skills	Vault Skills	General
Jumps - straight & tuck	Tuck hang - 5 seconds	Releve hold	One foot to two feet on board, rebound	Leaping (1 foot to other foot)
Coupe/Flamingo hold	Glide swing with barrel	Knee scale	Squat on block (hands on outside, feet in middle)	Body positions - straight, tuck, straddle, pike, lunge
Forward roll on floor - may use hands	Front support, forward roll dismount	Walk F/B/S on low beam -without help	Landing (c) position, hold, finish	Following Directions
Backward roll down incline - basic concept	Hang on bar, touch toes to bar in straddle position	Lunge, lever(T), lunge	Running, Skipping, Chasse (Sideways)	Cooperation (taking turns, respect toward coach/classmates)
Cartwheel - basic concept				

Beginner 1

Floor Skills	Bar Skills	Beam Skills	Vault Skills	General
Jumps (straight, tuck, split 45 degrees)	Glide swing in hollow w/sliders (basic concept)	Front support mount (stomach doesn't touch, knees do not touch)	Straight jump on to minimum of 16" from spring board	Leaping (1 foot to other foot)
Turn hold/ Coupe	Front support, hollow hold	V-sit	Squat on Beginner Vault or Trainer w/hands	Body positions - straight, tuck, straddle, pike, lunge
Forward roll on floor, no hands to stand up	Chin-up hold (5 seconds)	Walk F/B/S flat foot on medium beam	Landing (c) position, hold, finish	Pike hang (5 sec)
Backward roll down incline	Hang on HB- walk hands all the way across bar	Arabesque (scale) R/L (3 seconds)	Running, Skipping, Chasse (Sideways)	Listening Skills
Cartwheel start in lunge finish in star	Pull over using stairs and block***	Pivot turn	Hopping one foot	Following Directions
Lunge, lever 3/4 handstand, lunge		Straight jump dismount, landing C, finish off med. beam		
Bridge- hold one leg in air				

Beginner 2

Floor Skills	Bar Skills	Beam Skills	Vault Skills	General
Straddle jump, pike jump 120 degrees	Pull over with light spot	Turn hold/Coupe (prep for toe turn proper arms and foot base leg in releve) on	Step, hurdle, under arm lift, jump, land in C on 18"	Bridge rocks
1/2 toe turn in releve	Cast in hollow position	Dip walks on medium beam	Step, one foot take off handstand flatback on 8" no board.	
Backward roll on floor (stretch, roll, land on feet, finish)	3 cast back hip circle with light spot	Releve walks F/B/S on medium beam	Pop up on Training Table (squat on with no hands and on feet)	
Cartwheel start in lunge finish in lunge	Sole circle- 1 foot on bar, jump other on & in land in C	Lunge kick-up (feet do not come together) on low beam	Hollow hold to arch hold	
Lunge, handstand hold (2 sec), lunge	Glide swing of block	Side mount on low beam (squat on from spring board)		
Wall handstand with stomach to wedge, forward roll	Chin up hold & pike hold 10 seconds	Jumps- tuck and split on low beam 90-120 degrees		

Beginner 3

Floor Skills	Bar Skills	Beam Skills	Vault Skills	
Split leap 90 degrees	Pull over (no spot, bar at eye height of gymnast)	Straight Jump on med. beam	Running with proper technique, hit board land in C on 18"	
Backward roll to prone on incline mat (finger tips together)	Cast at 45 degree	1/2 toe turn low beam	Step, hit board 2 feet handstand flatback 8"	
Round off	3 Casts back hip circle no spot	Side handstand on low beam hold 2 Sec	3 push ups	
Handstand forward roll	Glide in hollow	Lunge kick-up (feet come together) on low beam	Hollow/arch roll (3x5 sec each)	
Bridge kick over with mat or incline	Swing with regrasp on HB	Dip walk to straight kick in releve med. beam		

Intermediate 1

Floor Skills	Bar Skills	Beam Skills	Vault Skills	
Split leap, split leap (90-120 degrees)	Glide, toes to bar (tight legs, no tap, feet in front)	Side mount with hands on medium beam (squat on with spring board)	Running, pop up on Vault using proper arm circles (no hands)	
Full toe turn in releve	Pull over LB, 1 cast back hip circle, cast, sole circle	Straight, tuck, split jump (90 degrees) connected on medium beam	Running with proper arm circles, hit board handstand flatback on resi pit	
Backward roll to prone position on floor	Jump off block to high bar with spot in hollow	Lunge, 3/4 handstand on medium beam	Arm circle handstand hops	
Run, hurdle, round off rebound	3 Tap swings	1/2 toe turn medium beam	Donkey kicks onto training table	
Lunge, handstand 2 sec hold, forward roll	Squat on to quad bar, jump land in C	Round off dismount with legs over top on medium beam	5 push ups	
Handstand fall to bridge rock to stand	3 Pull-Ups	Cartwheel on low beam		
Backbend kick over	5 Leg lifts on HB in pike			

Intermediate 2

Floor Skills	Bar Skills	Beam Skills	Vault Skills	
Tuck jump full turn stick	Kip with spot	Full turn on low beam -releve	Donkey kicks to handstand on vault	
Wolf jump	Front hip circle with spot	Cartwheel on medium beam with light spot	Run, hit board handstand onto vault	
Back extension roll down incline	Squat on with spot	Split leap medium beam (90-120 degrees)	Handstand onto training table to flat back w/flight to resi pit	
Running round off, backward roll to prone	Pull over on high bar with spot, roll forward off bar	Straight jump 1/2 turn medium beam	Dive roll with flight- board to pit	
Front walkover (light spot)	Cast push away, swing on high bar	Lunge, 3/4 handstand on high beam	Hollow hold 20 seconds	
Back walk over (must start 1 foot in front)	4 Pull-Ups	Tuck, and straddle jumps knee high on high beam	10 Push-ups	
Back handspring on floor or 4" mat	8 Leg lifts on HB in pike	Round off dismount with flight high beam		
Front handspring off wedge				

Intermediate 3

Floor Skills	Bar Skills	Beam Skills	Vault Skills	
Jump/leap series two different shapes	Kip with light spot	Split leap 90-120 degrees high beam	Handspring over vault with flight & block (no spot)	

Round off back handspring	Pull over, back hip circle, front hip circle	Tuck 1/2 on high beam	Hollow hold 30 seconds	
Front walkover	Squat on jump to HB, long hang pull over	Lunge, handstand, lunge on HB	15 Push-ups	
Back tuck with lite spot off block	Cast, push away, baby giant on HB	Cartwheel on HB		
Front tuck with spot	Fly-away with spot	Salto dismount with spot HB		
Front handspring land on 2 feet, hips open	5 Pull-ups	Back walk over or round off on low beam		
Back Extention	10 Leg lifts on HB in pike	Full turn on med. Beam		
Splits one way 100% - minium requirement		End mount without hands med. beam		