FLOOR

Beginner skills

- Forward roll
- Donkey kick
- Arabesque
- Wall supported headstand
- Side cartwheel

Novice skills

- Backward roll
- Headstand
- scale
- Kick to wall handstand
- Cartwheel lunge

Intermediate skills

- Dive roll
- Back extension roll
- Kick handstand fwd roll
- Cartwheel step in
- Run hurdle round off
- Barrel back handspring
- Assisted or barrel front handspring

Advanced skills

- Front flip
- Back extension roll to handstand
- Press to handstand
- Round off back handspring
- Front handspring

Pommel horse/mushroom

Beginner skills

- Front support hold x 30s
- Push up x 5
- Rear support hold x 30s
- Seated dip x 5
- Pendulum swings on horse feet at or above horse w/straight legs
- Circle walk

Novice skills

- Side support hold
- Push up x 10
- Front support hold x 1min
- Seated dips x 10
- Rear support hold x 1min
- Pendulum swings at or above shoulder height w/straight legs
- Circle hops

Intermediate skills

- Support hold front, rear and side x 1min 30s
- Push ups x 15
- Seated dips x 15
- Slider walks front and rear support 1 floor length
- Leg cut each side
- Stride swings
- ¼ circle, ½ circle and ¾ circle with walk back to start
- Bucket circle

Advanced

- Support hold front, rear and side x 2min
- Push ups x 20
- Seated dips x 20
- Slider walks front and rear support down and back 1 floor length
- False scissor
- Circle

Rings

Beginner skills

- Chin up hold 3s
- Tuck hold 3s
- Hang x 30s
- Push up hold x 15s
- Basic swings x 5 w/straight body

Novice skills

- Unassisted chin up and hold 3s
- Tuck hold 10-15s
- Hang x 1min
- Ring push up
- Basic swings x 5 to horizontal or higher

Intermediate

- 3 unassisted chin ups and hold 3s
- L hold 3s
- Ring push ups x 5
- Support hold x 10s
- Seated dip x 3
- Basic swings to inverted hang, basket and skin the cat

Advanced

- 5 chin ups and 5s hold
- Assisted muscle up
- L hold 5s
- Support hold 30s
- Unassisted dip
- Swings to fly away

Vault

Beginner skills

- Straight jump

Novice skills

- Dive roll

Intermediate skills

- Front flip
- Handstand flat back up to whale
- Handspring over whale sideways

Advanced skills

- Front layout
- Handstand flatback over table
- Handspring over table

Running drills/conditioning for vault

- suicides
- Run stops
- Zig zag cone sprints
- Square sprints
- Relay races
- Hurdle to seat
- Squat jump up to block
- Jump stick off block
- Spring board bounces in place
- Goblet squats
- Lunges/lunge walks
- Mat pushes forward and backward
- Mountain climbers

Parallel bars

Beginner skills

- Support hold 30s
- Push up hold 30s
- Rear support hold 30s
- Push ups x 5
- Seated dips x 5
- Support straddle travel
- Assisted swings x 5

Novice skills

- Support hold 45s
- Push up hold 45s
- Rear support hold 45s
- Tuck hold x 10s
- Push ups x 10
- Seated dips x 10
- Support walk forward
- Unassisted swings x 5
- Hanging walk

Intermediate skills

- Support hold 1min
- Push up hold 1min
- Rear support hold 1min
- L hold 3sec
- Push ups x 15
- Seated dips x 15
- Support walk backward
- Unassisted swings above bar height x 5
- Basic swings in long hang
- Kick handstand on parallettes against wall

Advanced skills

- Support hops
- L hold 5 or more sec
- Push ups 20
- Seated dips x 20
- Assisted swing to handstand
- upper arm support 30s hold
- upper arm swings
- glide kip
- long hang swing to back uprise

High Bar

Beginner Skills

- chin up hold 3s
- tuck hold 3s
- Spotted pull over
- Jump to support
- Cast to block stand or 45 degree push up position
- Hang 30s
- Assisted swings

Novice skills

- Chin up and hold 3s
- Tuck hold 10-15s
- Hang 1min
- Unassisted pull over(no chin up)
- 3 casts to block stand or 45 degree push up position
- Unassisted swings with understanding of how to shift

Intermediate skills

- 3 unassisted chin ups
- Unassisted pull over
- Hang 1min 30s
- Hanging ½ turns
- 5 unassisted swings with hollow, arch, candlestick positions shown
- Arch hollows
- 5 casts to block stand or 45 degree push up position
- L hold 3s
- Assisted back hip circle

Advanced Skills

- 5 chin ups 5s hold
- Cast back hip circle
- Undershoot
- Kip
- Swing ½ turn
- Fly away
- Swing baby giant