

SKILL LIST

Bars-

- Pullover
- Back hip circle
- Front hip circle
- Cast away to swing
- Multiple casts, feet above horizontal
- Cast away to glide swing
- Arch hollow swings
- Glide kip

Dismount

- Squat on, jump to stick
- Squat on, jump to high bar
- Tap swing $\frac{1}{2}$ turn

Vault-

- Handspring: over whale mat > over table
- Roundoff: over whale mat > over table
- Front flip up to whale mat
- Handspring $\frac{1}{2}$

Concepts:

- Power hurdle
- Arm circle
- Springboard positioning
- Roundoff shapes
- Handspring shapes
- Height development
- Running- power and technique
- Flipping
- Timing

SKILL LIST

Beam

Mount:

- Swing leg over from jump
- Pike through

High Beam:

- Cartwheel
- cartwheel swing through to handstand
- Handstand
- Split jump
- Tuck jump
- Split leap
- Straddle jump
- Straight jump $\frac{1}{2}$ turn
- Jump series: straight jump + tuck/split
- Back walkover
- Full turns

Dismounts:

- Round-off (high beam)
- Side handstand $\frac{1}{2}$
- Punch front middle beam

Floor

- Back walkover
- Front walkover
- Back handspring
- Front handspring
- Round Off, back handspring
- cartwheel - ariel
- Front salto (tuck)
- Back salto (tuck)
- Full turns
- Split leap
- Straddle
- Split jump
- Tuck $\frac{1}{2}$ turn

Concepts:

- Hurdle
- Lunge
- Feet positioning
- Power development
- Pushing
- Roundoff shape
- Connections