

INTERMEDIATE SKILL LIST/ PROGRESSION

Vault-

Donkey kicks

- Hands on height
- Donkey kicks across strip
- Donkey kick to roll down incline
- Donkey kick to handstand fall to back

Front support

- Pop up to low panel mat

Dive roll

- Up to stacked mats

Front Limber

- Spotted off of panel mat

Handspring

- Handspring to feet off panel mat
- Handstand on floor "pop" to flat back on mats
- Handspring to back on mat with mini tramp

Hollow body jumps

- Multiple jump pop against wall

Jump to handstand

- against wall

Hopping inch worm

- Hands hop in hollow body position

Run, Jump to handstand flatback

Front salto

- With spring board

½ on to stomach

- 8" mat

Bars-

Pullover

- On head height bar
- From a hang

Cast

- Multiple casts, feet to bar height, return to front support
- Feet to horizontal, return to front support

Glide swing

- To straight body and back to mat
- Multiple glide swings
- To pike, hold toe at bar

Dismount

- Jump to straddle, under swing dismount
- Cast to straddle or pike under swing

Back hip circle

Front hip circle

Beam-

Mount

- Jump to straddle mount at the end of the beam
- Jump to tuck or straddle

Locomotions

- Various walks and runs across beam
- Chasse' and skipping

Handstand

- Stand, point, kick, lunge, split handstand (floor)
- Momentary handstand, finish in lunge
- Cartwheel to handstand (spotted)
- Tight hold handstand

Dismount

- Round off
- 3-4 step to straight jump
- 3 step "punch" dive roll to high mats

Cartwheel

- On wide beam or low beam
- On medium height beam

Rolls

- Forward roll to sit
- Backward shoulder roll to kneel
- Forward roll to stand

Jumps

- Tuck jump
- Split jump
- Beat jump
- Wolf jump
- Jump ½ turn

Floor-

Handstand

- Handstand forward roll
- Handstand front limber
- Handstand ½ turn

Press headstand

Backward Rolls

- With straight arms down incline
- With straight arms on floor

Back extension rolls

- Down incline
- On floor, momentary handstand to push up position

Cartwheel series

- 3 cartwheels in a row
- Cartwheel to round off

Round off

- Standing
- Hurdle with rebound
- Hurdle round off, rebound to back on stacked mats

Back limber

Dive Cartwheel

Front salto

Front handspring (spotted)

Back handspring

- ½ back handspring to stomach on mat (spotted)
- Down incline (spotted)