

SKILL PROGRESSION

Beginner I

Floor:
 Handstand walk feet up wall hold 5 secs
 Bridge
 Back roll on wedge
 Cartwheel w/ spot

Bars:
 Jump front support
 Shimmy across the HB
 Cast x 1
 Tuck up x 3
 Pull w/ spot x 1
 Skin the cat w/ spot
 Flex arm hold 3 secs
 Pulovert (intro)

Beam: (Low Beam)
 Walk forward
 Walk sideways
 Walk Backwards
 Hops
 Step kicks (high Beam)
 Jump support mount

Conditioning:
 Hollow body push ups x 1
 Sit ups x 10
 Dips x 10
 Crunches x 10
 Hollow rocks x 10

Beginner II

Floor:
 Lunge Handstand Lunge
 Bridge lift one leg
 Scale forward roll
 Candlesstick rebound
 Cartwheel
 Bridge kick over w/ feet elevated

Bars:
 Cast x 3
 Pull over w/ spot
 Forward roll to tuck hang
 Skin the cat
 Hang on low bar, lift toes to bar & hold
 1/2 turn x 3 on HB
 Cast push away freeze

Beam: (Low Beam)
 Walk in releve forward
 Walk in releve sideways
 Walk backwards
 Lunge, scale, touch beam, lunge (high beam)
 Walk forward
 Walk sideways
 Kneec scale
 Stretch jump dismount

Conditioning:
 Hollow body push ups x 3
 Sit ups x 20
 Dips x 15
 Crunches x 15
 Hollow rocks x 15

Intermediate I

Floor:
 Handstand hold 2 secs.
 Handstand forward roll
 Backward roll
 Bridge kick over
 Good side/Bad side cartwheel
 Front Limber

Bars:
 Pulovert
 "L" hand 2 secs
 Backhip circle w/ spot
 Cast x 5 push away freeze
 Swing 1/2 turn HB
 Tuck hang 10 secs

Beam: (High Beam)
 Releve walk backwards
 Low arabesque hold
 Level 4 dismount w/ spot
 cartwheel w/ spot
 3/4 handstand

Conditioning:
 Hollow body push ups x 5
 Sit ups x 30
 Dips 20
 Crunches x 20
 Hollow rocks x 20

Intermediate II

Floor:
 Back extension roll
 Back walkover
 Front walkover
 Close arm / far arm cartwheel
 Back handspring w/ spot

Bars:
 Pull over cast
 Backhip circle
 Underswing dismount
 Single leg cut w/spot
 Flex arm hang 5 secs
 "L" hang 3 secs
 Leg lift x 1

Beam: (Low Beam)
 Hand stand (high beam)
 Cartwheel w/ spot
 Forward roll w/spot
 Releve step kicks
 Stretch jumps
 Level 4 mount

Conditioning:
 Hollow body push ups x 7
 Sit ups x 40
 Dips x 25
 Crunches x 25
 Hollow rocks x 25

Advanced

Floor:
 Handstand hold 3 secs
 Round off
 Back handspring
 Tick Tock 1 foot
 Tick Tock 2 feet

Bars:
 1 chin up
 Glide kip w/ spot
 Single leg cut
 Mill circle
 Front hip circle w/ spot
 Step on to squat LB jump to HB

Beam: (High Beam)
 Back walk over (low beam)
 Cartwheel
 Forward roll
 Round off dismount
 Stretch jump / tuck jump combination
 Handstand hold 2 secs

Conditioning:
 Hollow body push ups x 9
 Sit ups x 50
 Dips x 30
 Crunches x 30
 Hollow rocks x 30