

# Skills by Level

## BEGINNER I

### SKILLS WORKED:

**-Floor:** forward roll, backward roll down a wedge, and lunge kick lunge (beginner handstand)

**-Beam (low beam):** squat on, tip-toe turn/pivot turn (half turn on tip-toes, both feet on beam), tuck jump stick off the end of the beam

**-Bars:** L-hold for 5 seconds, 3 casts to push away dismount, kick over with ramp or mat (pull-over with help from mat or ramp)

**-Vault:** hurdle step onto spring board, straight jump off springboard (taking off 2 feet) and handstand fall (timber) on a mat

## BEGINNER II

### SKILLS WORKED:

**-Vault:** handstand block (pushing off hands in a handstand), dive roll onto mats (looking for lift in the air before rolling), arm circle lift (arm circle in hurdle, lifting arms as the student jumps)

**-Bars:** back pull over (unassisted), back hip circle, underswing dismount

**-Beam (low beam):** lunge kick lunge (beginner handstand), tuck jump, step 1/2 turn (on 1 foot, stepping the other foot in front to finish)

**-Floor:** backward roll (on the floor), lunge handstand lunge, front to back cartwheel (start and finish facing opposite directions; land facing the spot you came from)

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## INTERMEDIATE

### SKILLS WORKED:

**-Vault:** dive roll to stacked mats (looking for lift in the front before rolling), squat on to stacked mats and handstand fall on mats

**-Bars:** cast sole circle dismount (cast put feet on bars in a straddle and swing under the bar kicking feet off and landing on the floor), squat on (casting and tucking knees up and in so feet go between the hands, student then stands up letting go of the hands and lands on feet on the mat), glide swing (with straight legs and extension of the body)

**-Beam (med. height):** lunge handstand lunge, cartwheel to handstand dismount/side handstand (starts like a cartwheel but stops in the middle in a handstand, hands and belly should be sideways on the beam, feet land on the floor), step 1/2 turn (turn on 1 foot and step in front to finish)

**-Floor:** handstand forward roll (pausing in handstand position before rolling), bridge kick over, round off rebound (stay tight and bounce off floor right away as the feet land)

# Skills by Level

## ADVANCED

### SKILLS WORKED:

**-Vault:** squat through (hands go on the vault as feet tuck through the hands to the floor, without touching the vault), free squat (on the table vault, students jump up to feet without using the hands), front handspring (over the old-vault, hands go on the vault and feet come off the springboard coming up over the top, passing through a handstand before landing on the mat on the other side)

**-Bars:** squat on jump to high bar and catch, long hang pull over (back pull over, from hanging or swinging on the bar without the feet touching the floor), glide 1/2 turn to hollow stand (glide swing stretching out before switching hands and landing on feet, holding the bar in a hollow position)

**-Beam (high beam):** 1/1 turn (turning all the way around on 1 foot and stepping in front, finish facing the end of the beam student was looking at when starting the turn), round off dismount (starts in a lunge, hands reach to the end of the beam and the feet kick up and over like a cartwheel then land on the mat with the feet together, making it a round off), cartwheel on the beam (low beam)

**-Floor:** back walkover (progression from the bridge kick over, one foot starts in front, student then reaches hands back to the floor kicking the foot out in front over the top first, followed by the second foot; ends in a lunge), back extension (starts like a backward roll but student pushes into a handstand in the middle), handstand pirouette (handstand changing the hands so that the students turns 1/2 way around on their hands without falling out of the handstand)