



Western Districts Gymnastics – Develop Program

Advanced Skills Routines

Vault

Handspring flatback on to 2 mats	<ul style="list-style-type: none">- Under arm entry- Pushes up tall in handstand and maintains shape up to and on landing- Gets 'pop'
Dive roll to 2 mats	<ul style="list-style-type: none">- Gets height before putting hands down to roll- Uses bent arms- Rolls and uses momentum to finish standing up
L handstand with foot on 60cm box Hold for 5sec	<ul style="list-style-type: none">- MUST begin in pike handstand before lifting one leg to L handstand- Chest in, open shoulders- Head looking at hands

Bars

Glide swing	<ul style="list-style-type: none">- May use box to jump from, landing on floor- Jumps to dish shape- Extends hips at top of glide- Good amount of height
Chin up pullover	<ul style="list-style-type: none">- May use box- Straight legs
Cast to 45° below horizontal, immediate back hip circle	<ul style="list-style-type: none">- Must show shrug first- No banana shape in cast- Head in
Underswing/toe shoot or step on/stoop on	<ul style="list-style-type: none">- Dish shape must be maintained throughout (no pike) in underswing- Tight legs- Coach MUST stand in for step on/stoop on
3x tap swings on high bar (If athlete is arching with feet over the low bar on the back swing, do not allow this skill in the routine)	<ul style="list-style-type: none">- Coach MUST stand in for tap swings- Jump from box or bar, landing on floor (unless completing swing pullover)- Must show dish at back of swing- Shows tap shapes with correct timing
*optional swing pullover, underswing/toe shoot from high bar	<ul style="list-style-type: none">- Tight legs- Straight arms

Beam

Jump to front support, lift leg over to straddle sit, 2sec straddle hold, swing to squat and stand	<ul style="list-style-type: none"> - Straight legs - Front support not piked - Legs should lift to above the beam in straddle
Passé half turn, relevé half turn	<ul style="list-style-type: none"> - Allowed to drop heel in between turns - Toe to knee - Arms go down during turn
Full handstand or L handstand	<ul style="list-style-type: none"> - Starting up tall - Straight legs - Finishing in lunge or step in
Split jump	<ul style="list-style-type: none"> - 90° requirement - Straight legs - Good posture and good amplitude
Leap over (with hop) or Split leap	<ul style="list-style-type: none"> - 90° requirement - Straight legs - Good posture and good amplitude
Cartwheel to side handstand dismount or Bwd straight jump dismount	<ul style="list-style-type: none"> - Side handstand must pass through relevé - Side handstand to land on two feet, hands on beam - Bwd straight jump must jump above the beam and have good posture

Floor

Handstand forward roll (may use wedge or scatter mat)	<ul style="list-style-type: none"> - Straight arms, hands forwards - Rolls through candle before bending knees to stand
Bridge kickover (may have spotting) or bwd walkover	<ul style="list-style-type: none"> - May use box for bridge kickover - Straight legs - Landing in lunge or step in
Straight jump, split jump, jump ½ turn	<ul style="list-style-type: none"> - Good level of amplitude - Split jump to 90°
Backward roll to front support	<ul style="list-style-type: none"> - Straight arms, hands turned in - May pike or tuck down
Cartwheel, cartwheel or round off, rebound	<ul style="list-style-type: none"> - Optional entry - Generating speed - Landing of cartwheel, cartwheel in lunge