



## EVOLVE

### **BARS**

Skill	Description
Hold dish shape, glide swing	Cover ears in glide Open hips at top of glide
Jump to front support	Gymnasts to start with shoulders below and jump to support with straight arms Finish in high support position
2 x casts	Show shrug before cast Arms straight Toes to bar height
Back hip circle spotted	May be spotted Minimal pike around the bar
Roll forward to tuck or L hang	Arms straight Pass through inverted hang
3 x Tension swings on high bar	Show clear dish and arch positions
Drop from bar land in motorbike	Strong motorbike landing

### **BEAM**

Skill	Description
Jump to front support, lift leg over to straddle	Straight arms and legs with pointed toes throughout
Swing legs back to squat, to stand	Swing back to tight squat on beam
Step to arabesque, hold straight line from hip to shoulder with arms at ears	Straight base leg Arms at ears
2 x Front kick, back kick	Arms in present Straight legs
Straight jump straight jump	Jump to be done in series with arm swing Show clear push of beam
2 x side fwd passe steps releve ½ turn	Arms in present
1 step punch jump dismount	Start one step away from beam Show height in punch

## **Floor**

Skill	Description
Pose	See video
Full handstand to lunge	Correct start position Straight line in handstand Land in lunge
Cartwheel x 2 to side	Pass through 'sumo' Cartwheels connected Land in star
2 x fwd roll to bunny hop	Arms straight in rolls with hands turned in Hands face fwds for bunny hop
Releve ½ turn	Show full releve
Step into straight jump, tuck jump	One step into immediate straight jump, tuck jump
2 x spring steps	Arms in present Show ankle extension
2 x step hops	Full push through ankle Toe in passe position
Bwd roll to angry cat	Must show push against floor Strong angry cat position
Jump feet to front support	Hands over shoulders
Lower down, roll to back and push to bridge	Shoulders pushing over hands Feet together
Stand up and pose	See video

## **Vault**

Skill	Description
Handstand flatback	Handstand on beatboard Fall simultaneously to back
Board, 40cm box straight jump to scatter mat	Straight jump to box immediate rebound to scatter mat Land in motorbike
Quads on 40 cm box handstand	Quads on box to make a long handstand shape Squeezing ears with core engaged