



## **BARS**

Skill	Description
Hold dish shape, 3 x bent knee swings with regrips	Open hips in swings Ribs in at back of swing
Jump to front support with straight arms	Gymnast must start with shoulders below bar and jump to support with straight arms
2 x cast in series	Must show shrugging action Arms straight
Tip around with coach spot (1/2 or full)	Minimal pike on the bar Push to support on completion
Roll forward to tuck or L hang	Straight arms throughout Slow and controlled Pass through inverted hang position

## **BEAM**

Skill	Description
Jump to front support, lift leg over to straddle	Arms remain straight Legs tight and pointed toes throughout
Swing to kneel on one knee with remaining leg straight beside beam, kneel on beam to stand	Show angry cat position after swing Arms in present in kneel
4 x releve walk	Arms in present Show full releve position
Releve ½ turn step releve ½ turn	Arms down for turn Create a full circle
Straight jump on beam	Show lift off beam Arms to ears in jump
4 x Step kicks	Arms to be in present Good body posture with legs straight
Straight jump dismount to crashmat	Show lift off beam Strong landing in motorbike

## **FLOOR**

Skill	Description
Pose	See video
L handstand	Show correct start position Good shape in handstand Land in lunge
4 x fwd passe steps	Arms in present Toe pointed at knee then straighten
Tuck jump	Arm swing Knees to chest Land in motorbike
Step into straight jump, straight jump	One step to immediate straight jump x 2
2 x fwd roll to squat	Straight arms in rolls Rhythm in rolls with tight tuck Land in squat position
Angry cat	Rounded back position
Jump to front support	Rounded back and bottom down Shoulders over hands
Turn over to rear support	Fingers face toes Hips pushed to the roof and straight legs
L sit to touch toes and return to L	Arms up and squeezing ears
Lie down to dish hold	3 sec hold
Roll to arch hold	3 sec hold
Push to seal and stand	Feet together Hips to ground
Pose	See video

## **VAULT**

Skill	Description
From standing on 60cm box, step down to airboard, immediate straight jump to land on 30cm mat	Correct arm position Show straight jump shape in air Motorbike landing
Handstand flatback with wedge	Handstand position against wedge Fall with wedge to tight shape
5 x rebound jump on board	Arms up for jumping on board