



# Western Districts Gymnastics – Develop Program

## Intermediate Skills Routines

### ***Vault***

Step to handstand, flatback	<ul style="list-style-type: none"><li>- Under arm entry</li><li>- Hands on spring board</li><li>- Pushes up tall in handstand and maintains shape up to and on landing</li></ul>
Run, straight jump on air board motorbike landing on mat	<ul style="list-style-type: none"><li>- Arms coming through underarm</li><li>- Pushing through knees legs and feet</li><li>- Tight body throughout</li></ul>
Front support, turn to rear support, L sit, lying on back, push to bridge, return to back, roll to candle and stand	<ul style="list-style-type: none"><li>- Must show all positions but no requirement to hold</li><li>- Body should remain tight even in between shapes</li></ul>

### ***Bars***

From dish hold, glide swing	<ul style="list-style-type: none"><li>- May use box, landing on floor</li></ul>
Pullover, may be assisted	<ul style="list-style-type: none"><li>- May use box</li><li>- Straight legs</li></ul>
2x casts (45° below horizontal)	<ul style="list-style-type: none"><li>- Must show shrug first</li></ul>
*optional immediate back hip circle	<ul style="list-style-type: none"><li>- Head in</li></ul>
Forward roll to 3sec tuck or L hang	<ul style="list-style-type: none"><li>- Straight arms</li></ul>
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"><li>- Jumping from box, landing on floor</li><li>- Coach MUST stand in</li></ul>

## **Beam**

Jump to front support, lift leg over to straddle sit, swing to one knee and stand	<ul style="list-style-type: none"> <li>- Straight legs</li> <li>- Front support not piked</li> </ul>
2x fwd kicks, 2x bwd kicks	<ul style="list-style-type: none"> <li>- Tight support leg</li> <li>- Arms out to side</li> <li>- Top leg to horizontal (fwd) and 45° below (bwd)</li> </ul>
2x straight jump switch feet series	<ul style="list-style-type: none"> <li>- Feet together at height of jump</li> <li>- Pushing through feet</li> <li>- Tight body and good posture</li> </ul>
*optional L handstand	<ul style="list-style-type: none"> <li>- Starting up tall</li> <li>- Straight legs</li> <li>- Finishing in lunge or step in</li> </ul>
Passé half turn to finish on relevé	<ul style="list-style-type: none"> <li>- Allowed to drop heel before relevé</li> <li>- Toe to knee</li> <li>- Arms go down during turn</li> </ul>
Arabesque	<ul style="list-style-type: none"> <li>- Straight support leg</li> <li>- Arms up or to the side</li> <li>- Body should be in a straight line at horizontal</li> </ul>
2-3 steps, punch straight jump off end of beam to land in motorbike	<ul style="list-style-type: none"> <li>- Jumping off two feet</li> <li>- Jumping higher than the beam</li> <li>- Landing in motorbike</li> </ul>

## **Floor**

Fwd roll, immediate second fwd roll	<ul style="list-style-type: none"> <li>- Straight arms, hands turned in</li> <li>- Top of head must not touch the floor</li> </ul>
Full handstand	<ul style="list-style-type: none"> <li>- Starting up tall</li> <li>- Straight body (no banana or pike)</li> <li>- Finishing in lunge or step in</li> </ul>
Straight jump, rebound split jump	<ul style="list-style-type: none"> <li>- 90° split requirement</li> <li>- Arms out to side</li> </ul>
Backward roll to feet with hands turned in	<ul style="list-style-type: none"> <li>- Must be pushing on ground</li> </ul>
Cartwheel ¼ turn to lunge or step in	<ul style="list-style-type: none"> <li>- Hands '1,2'</li> <li>- Legs to go over the top</li> <li>- Tight body and legs</li> </ul>