

GYM SKILLS - VAULT

From box, step down to mini tramp, rebound star jump to motorbike landing on mat

- Straight, tight body
- Correct motorbike

Angry cat

**Jump to front support
Turn over to rear support
L sit, pike stretch, L sit**

Dish

Roll to superman

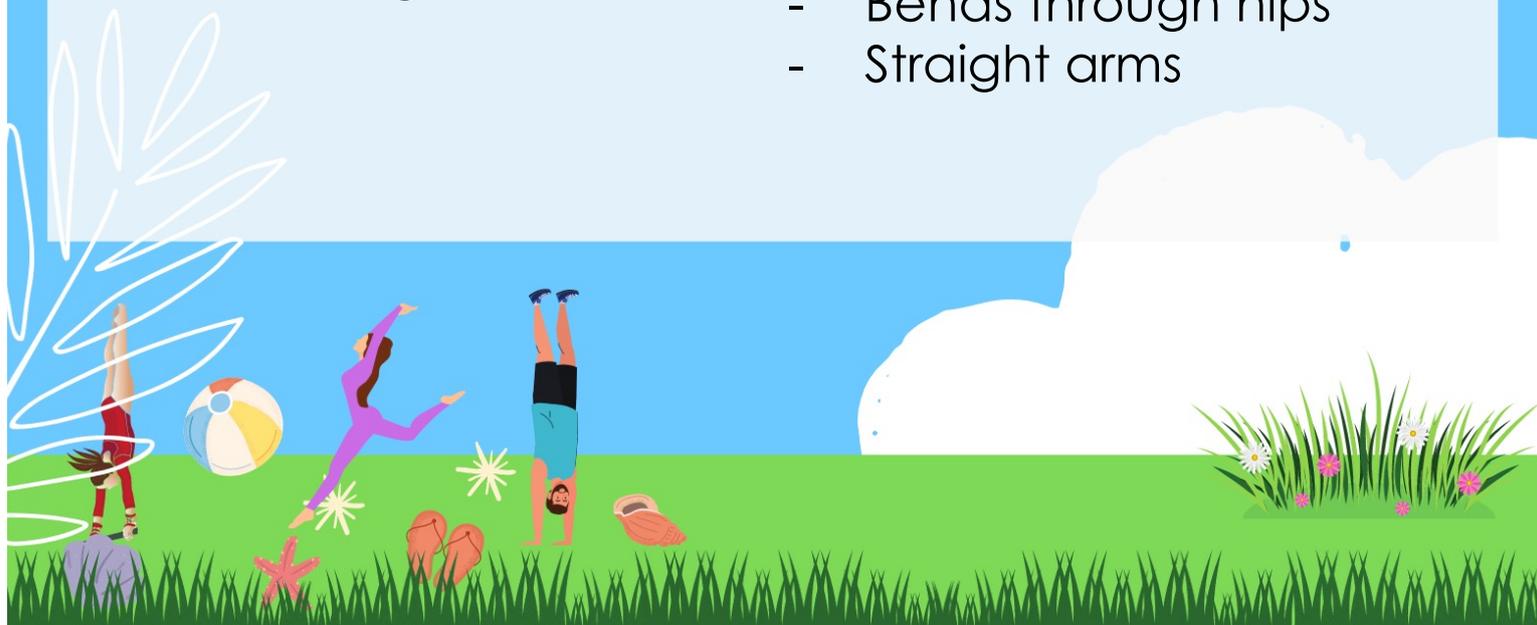
Seal

Stand

- Must show all positions but no requirement to hold
- Body should remain tight even in between shapes

Drop to stick motorbike landing off 40cm

- Feet slightly apart
- Knees bent straight (not bending to side)
- Bends through hips
- Straight arms



GYM SKILLS - BARS

Starting in dish, 2x bent knee swings, finishing in dish

Coach must spot wrist

- Use box to start, landing on box or floor
- Must regrip
- Ideal model has open hips and shows tap shapes

Chin up pullover with spot

- May use box
- Straight legs

2x casts (hips off bar)

- No banana shape
- Shoulders forward
- Straight arms

Forward roll to hang (may be assisted)

- Straight arms
- Slow and controlled

5x tension swings on high bar

(dish and arch shapes)

- Open hips throughout



GYM SKILLS - P BARS

Jump from box to support

- Straight arms
 - Tight body
-

Tuck hold - 3sec

- Knees above bars
 - Feet together
-

3 small swings to finish in straddle, legs on bars

- Straight legs
-

Show momentary L hold

- Straight legs
 - Feet above bars
-

Swing back to land on box

- Finish with bent knees
-

(return to support)
6 steps of penguin walks forward

- Open hips
- Bent legs
- Fluid motion



GYM SKILLS - FLOOR

Backward roll to feet down wedge

- Must have straight arms and hands turned in

Forward roll

- Hands turned in, straight arms

L handstand

- Starting up tall
- Straight legs
- Landing on one foot and finishing in lunge

Tuck jump

- Swings arms
- Knees to horizontal
- Motorbike landing to finish

Cartwheel to finish in star

- Starting up tall
- Straight legs
- Legs going over the top

5sec tuck hold on chocks

- Chocks shoulder width apart
- Knees above hips
- Pushing through shoulders

