

# GYM SKILLS - VAULT

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

- Straight, tight body
- Correct motorbike

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## **Angry cat**

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

**Dish**

**Roll to superman**

**Seal**

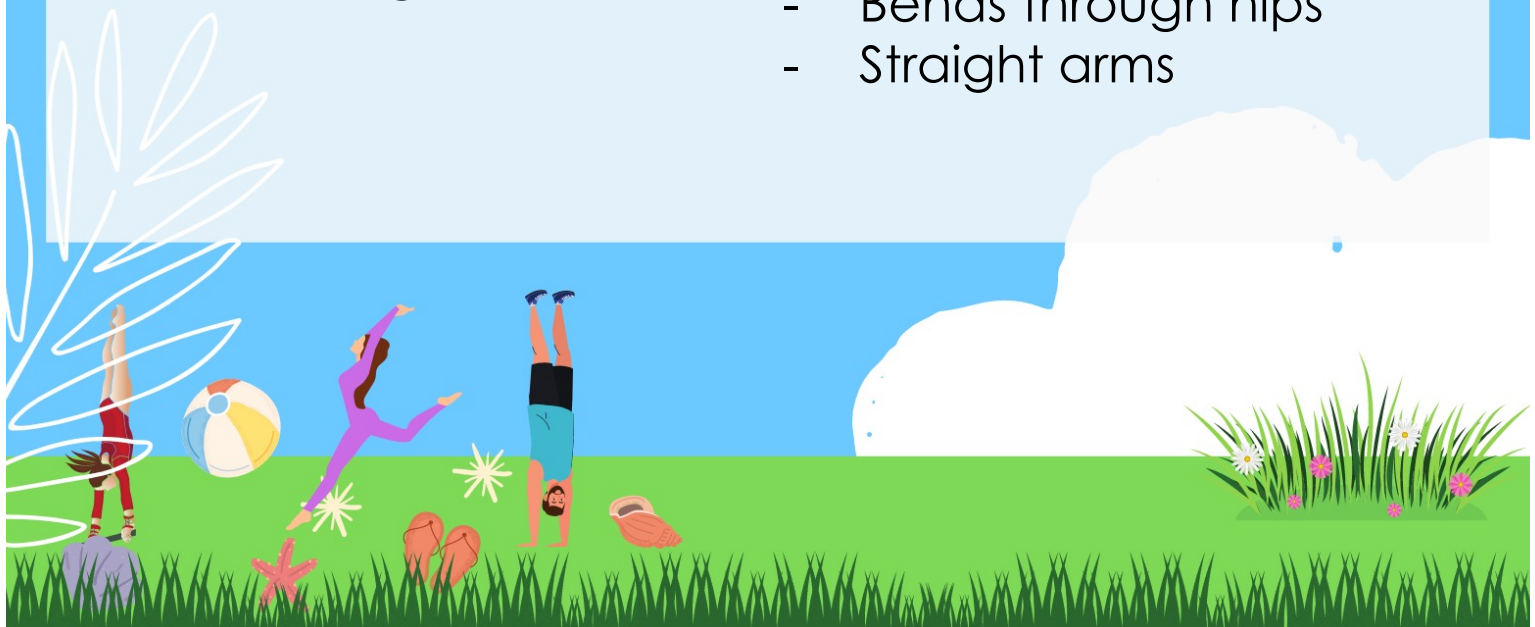
**Stand**

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

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**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

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## Chin up pullover with spot

- May use box
- Straight legs

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## 2x casts (hips off bar)

- No banana shape
- Shoulders forward
- Straight arms

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## Forward roll to hang (may be assisted)

- Straight arms
- Slow and controlled

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## 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

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**Tuck hold - 3sec**

- Knees above bars
- Feet together

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**3 small swings to finish in straddle, legs on bars**

- Straight legs

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**Show momentary L hold**

- Straight legs
- Feet above bars

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**Swing back to land on box**

- Finish with bent knees

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(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

