

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

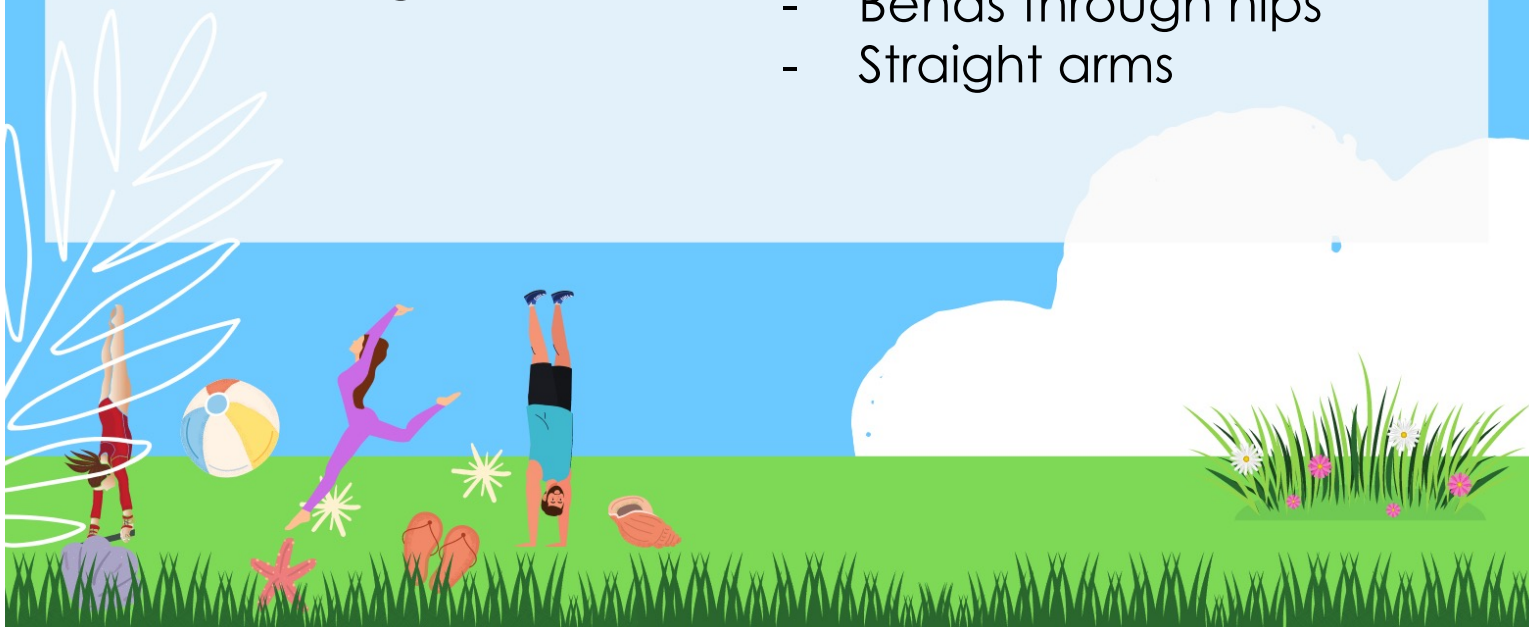
Seal

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 - BEAM

Jump to front support, lift leg over to straddle sit, swing to one knee - Straight legs
- Front support not piked

Lift leg to kneeling scale - Hips square

4x relevé steps - Arms optional
- Straight legs

Straight jump - Points toes
- Bends knees before take-off and on landing

Relevé half turn - Straight legs
- High relevé

Arabesque - Straight body
- Leans to horizontal

Straight jump off side to land in motorbike - Starts with toes on the beam
- Jumps above beam height
- Controlled motorbike landing



GYM SKILLS - FLOOR

Backward roll to feet down wedge

- Must have straight arms and hands turned in
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Forward roll

- Hands turned in, straight arms
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L handstand

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

- Swings arms
 - Knees to horizontal
 - Motorbike landing to finish
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Cartwheel to finish in star

- Starting up tall
 - Straight legs
 - Legs going over the top
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5sec tuck hold on chocks

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

