

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

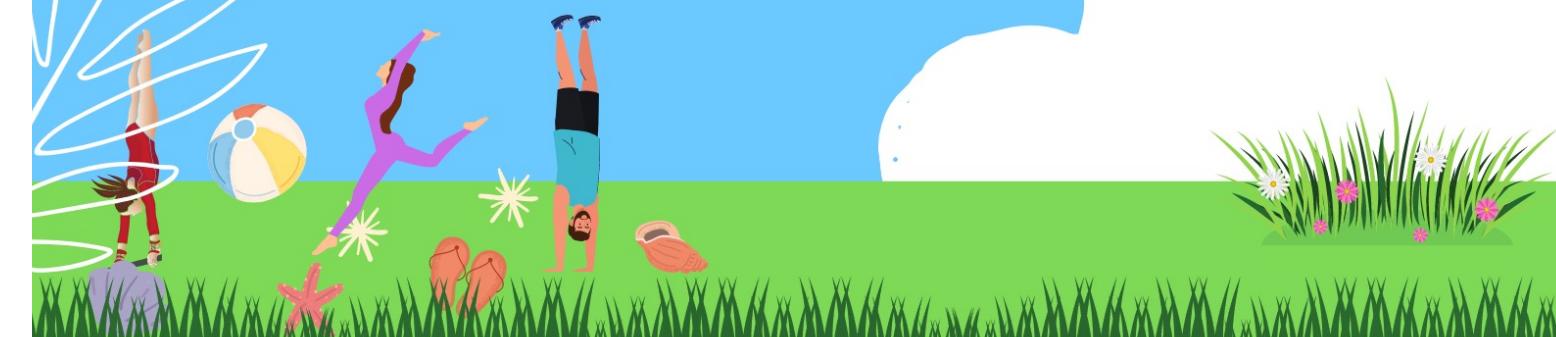
Seal

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

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

