

# INTERS - VAULT

## Step to handstand, flatback

(hands on spring board)

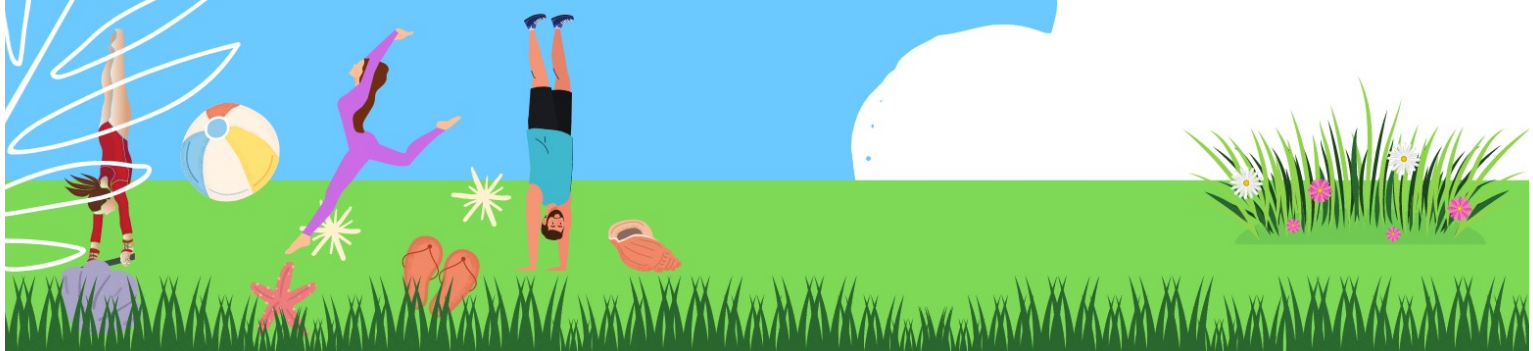
- Hands on spring board
  - Pushes up tall in handstand and maintains shape up to and on landing
- 

## Run, straight jump from board to 2 mats

- Pushing through knees legs and feet
  - Tight body throughout
  - Landing in motorbike
- 

## Tuck handstand on 60cm box - 10sec

- Chest in, shoulders open
- Straight line from wrists to hips



# INTERS - BARS

**Starting in dish, 3x 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**  
(may be assisted)

- May use box
- Straight legs

---

**2x casts**  
(45° below horizontal)

- Must show shrug first

---

**Push up to dish shape, spotted ½ tip around, finishing in candle**

- Straight arms
- Holds dish shape
- Head in

---

**From candle, spotted second half tip around to finish in support**

- Straight arms
- Holds dish shape
- Legs together

---

**Forward roll to tuck or L hang**

- Straight arms
- Slow and controlled



# INTERS - BEAM

**Jump to front support, lift leg over to straddle sit, lift to show clear straddle, swing to one knee and stand**

- Straight legs
- Front support not piked

**2x fwd kicks,  
2x bwd kicks**  
(arms to side)

- Tight support leg
- Top leg to horizontal (fwd) and 45° below (bwd)

**Straight jump switch feet**

- Feet together at height of jump
- Pushing through feet
- Tight body and good posture

**2x relevé half turns in the same direction**  
(half turn, foot in front, half turn)

- Hold relevé in between
- Straight legs
- Arms go down during turn

**Arabesque**

- Straight support leg
- Arms up or to the side
- Body should be in a straight line at horizontal

(walk to end of beam nicely)  
**Straight jump off the end of the beam**

- Jumping off two feet
- Jumping higher than the beam
- Landing in motorbike



# INTERS - FLOOR

**Backward roll to front support down wedge**

- Must be pushing on ground
- Straight arms

**Fwd roll, rocket jump**

- Straight arms, hands turned in
- Knees and feet together

**Full handstand**

- Starting up tall
- Straight body (no banana or pike)
- Finishing in lunge or step in

**Split jump**

- Swings arms
- Min 90° split
- Motorbike landing to finish

**Cartwheel 1/4 turn to step in/lunge**

- Hands '1,2'
- Legs to go over the top
- Tight body and legs

**5sec straddle hold on chocks**

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

