

Descriptions of each class

Beginner 1

In beginner 1 we introduce all four events to the children. We have the uneven bars, floor, floor beam and vault. With each event your child(ren) will be working on different techniques.

- Uneven bars:
 - L-hold for 5 seconds.
 - 3 casts to push away dismount.
 - Kick over with ramp or mat
- Floor
 - Tuck forward roll
 - Back roll down ramp
 - Lunge kick to handstand finish in a lunge.
- Floor beam
 - Squat on
 - Tip toe turn (relive)
 - Tuck jump stick off the end
- Vault
 - Hurdle step
 - Straight jump from board (2feet)
 - Handstand fall (timber)

Beginner 2

- Uneven bars
 - Pull over (feet together)
 - Back hip circle
 - Forward roll to L hold for 5 seconds
- Floor
 - Backward roll
 - Handstand forward roll
 - Front to back cartwheel.
- Floor beam
 - Lunge-kick-lunge (toward handstand)
 - Tuck jump
 - Step ½ turn (one foot, step forward)
- Vault
 - Handstand block
 - Dive roll on mat
 - Arm circle lift off board

Intermediate

- Uneven bars
 - Cast sole circle dismount
 - Cast squat on
 - Glide swing (straight leg + extension)
- Floor
 - Handstand to bridge
 - Bridge to kick
 - Round off rebound

- Beam-Medium
 - Lunge, handstand, lunge
 - Cartwheel to handstand dismount
 - Step ½ turn
- Vault
 - Dive roll to stacked mats
 - Squat on to stacked mats (or table)
 - From board, free squat handstand fall to feet

Advanced

- Uneven bars
 - Squat on jump to high bar
 - Long hang pull over or baby giant
 - Sole circle ½ turn swing (low bar)
- Floor
 - Back walk over
 - Front walkover or front handspring
 - Handstand ½ pirouette
- Beam-High
 - 1/1 turn
 - Round off dismount
 - Cartwheel-low beam
- Vault
 - Handspring-flat back (from board onto mat)
 - Circle-lift free squat
 - Handspring (with vault tramp)

In order to move onto the next level, you will have to accomplish the skill with no spot. As well as be able to do the skill twice in a row, for two weeks in a row. 11 out of the 12 skills need to be done in order to move on.