

# ASPIRE GYMNASTICS 12TH ANNUAL WINTER IN-HOUSE COMPETITION



## Advanced Routines

### FLOOR

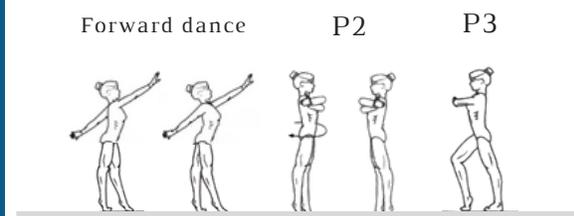
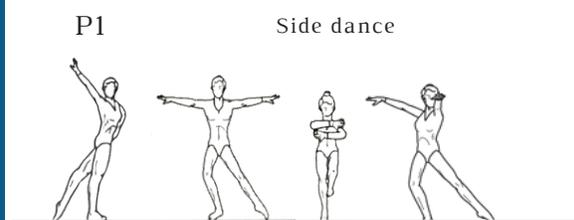
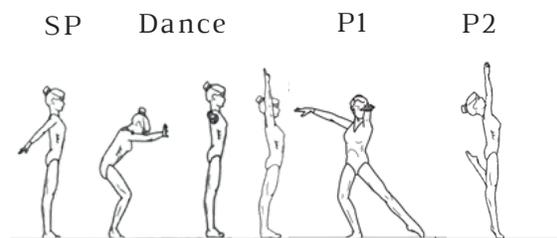
1. **Starting Position (SP)**: Arms down by side pulled back
2. **Dance**: Bend down and cross arms over head, arms pulled to the side (see pictures)
3. Handstand front roll / handstand to lunge
4. Step together, straight jump, straddle jump, **Pose 1 (P1)**
5. Forwards skill, 1/2 spin or full spin (depending on way landed to face the Aspire Sign)
6. Chassé, split leap to **Fish Pose (P2)** (arms up to ears)
7. Back roll, candle stick, push to bridge
  - Option 1**: Kick over to lunge
  - Option 2**: Come back down, rock and roll to stand
  - Option 3**: Push hips up forward to stand
8. Favourite skill
9. **Ending Pose (EP)**- optional and present

### BEAM

1. Stretch, mount of choice, to knee, stand up and **Pose 1 (P1)** (facing parents)
2. Step kick into handstand, land in lunge
3. **Side dance**, then turn to face end of beam, **Forward Dance**: one arm down - one arm up, switch sides
4. Step passé into heel snap turn
5. Jump connection
6. Step relevé, **Arm Hug (P2)**, pivot turn
7. Open arabesque hold, step split, step relevé or straight jump
8. Skill of choice, Pose of choice (**P3**) or present (facing parents)
9. Dismount of choice
10. Present

### BARS

1. Glide swing, pullover / kip
2. 3 casts back hip / double back hip
3. Skill of choice - trade support, basket swing, stride circle, front hip etc.
4. Dismount
  - Option 1**: Clear undershoot, straddle undershoot, pike undershoot (from cast, or cast back to block, jump to bar)
  - Option 2**: Tuck up, jump off to motorcycle - NO catching high bar
5. Present



In House Competition: **Sunday December 14th**. Registration deadline: **Nov 22nd**.  
Competition times will be given out closer to the date!

Videos of the floor & beam routines are on our website [aspiregymnastics.ca](http://aspiregymnastics.ca)

# ASPIRE GYMNASTICS ADVANCED IN-HOUSE ROUTINES WINTER 2025

## FLOOR

SP Dance 3 4 5 P1 P2 7

option 2 & 3 not pictured

8 EP- choose any pose or just present!

## BEAM

1 P1 2 3 4 5 6 7 P2 P3 8 9 10

Side dance Forward dance