

# FLIP, JUMP, TUCK!

## GYMNASTICS SKILLS PROGRESSION

	BOYS BEGINNER	BOYS INTERMEDIATE	BOYS ADVANCED
FLOOR	<ul style="list-style-type: none"> <li>Mini handstand</li> <li>Cartwheel</li> <li>Forward roll</li> <li>Backward roll</li> <li>Bridges</li> </ul>	<ul style="list-style-type: none"> <li>Handstand holding for 2 seconds</li> <li>Handstand forward roll</li> <li>Cartwheel with straight legs</li> <li>Hurdle/round off/rebound</li> <li>Press handstand/with jump</li> <li>Dive forward roll onto 8" mat</li> </ul>	<ul style="list-style-type: none"> <li>Handstand</li> <li>Back extension roll</li> <li>Dive forward roll</li> <li>Round off/back handspring</li> <li>Back handspring to push up</li> <li>Front handspring</li> </ul>
RINGS	<ul style="list-style-type: none"> <li>Basic swing</li> <li>Inverted hang</li> <li>L-Hold</li> </ul>	<ul style="list-style-type: none"> <li>Basic swing</li> <li>Inverted hang</li> <li>Skin the cat</li> <li>L-Hold</li> </ul>	<ul style="list-style-type: none"> <li>Flexed arm pull</li> <li>Support above rings</li> <li>Swing flyaway</li> <li>Basket Hang-cast to swing</li> <li>Skin the Cat</li> <li>L-Hold to Inverted hang</li> </ul>
VAULT	<ul style="list-style-type: none"> <li>40 foot runs</li> <li>Hurdle with arm circles</li> <li>Squat-on/Jump off panel mat</li> </ul>	<ul style="list-style-type: none"> <li>40 foot runs</li> <li>Hurdle with arm circles</li> <li>Handstand hops</li> <li>Handstand flat back on 8"</li> <li>Handstand flat back on pit mat</li> <li>Dive forward roll onto pit mat</li> <li>Handstand pop-hollow body</li> </ul>	<ul style="list-style-type: none"> <li>40 foot runs</li> <li>Handstand hop-hollow body</li> <li>Handstand flat back on 8"</li> <li>Handstand flat back on pit mat</li> <li>Dive forward roll onto pit mat</li> </ul>
TRAMPOLINE	<ul style="list-style-type: none"> <li>Straight jump full turn with arm circle</li> <li>Seat drop-Stand up</li> <li>Doggie drop/Donkey kick</li> </ul>	<ul style="list-style-type: none"> <li>Handstand flat back</li> <li>Knee drop/front tuck</li> <li>Dive forward roll</li> </ul>	<ul style="list-style-type: none"> <li>Round off back handspring</li> <li>Front handspring</li> <li>Front tuck</li> <li>Dive forward roll</li> </ul>
POMMEL HORSE	<ul style="list-style-type: none"> <li>1 full swing</li> <li>Around the world</li> </ul>	<ul style="list-style-type: none"> <li>3 full swings</li> <li>Scissors</li> <li>1 Around the world</li> </ul>	<ul style="list-style-type: none"> <li>5 full swings</li> <li>Around the world</li> <li>Scissors</li> <li>Cut throughs</li> </ul>
MUSHROOM	<ul style="list-style-type: none"> <li>Circle walks</li> </ul>	<ul style="list-style-type: none"> <li>1 Circle</li> </ul>	<ul style="list-style-type: none"> <li>Circles</li> </ul>
HIGH BAR	<ul style="list-style-type: none"> <li>Cast to 45°</li> <li>Pullover with little or no spot</li> <li>L-Hang</li> <li>Forward roll on bar</li> <li>Arch/hollow swing</li> </ul>	<ul style="list-style-type: none"> <li>Cast to 60°</li> <li>Pullover/back hip circle-no spot</li> <li>Front hip circle with spot</li> <li>Hollow hold on floor bar</li> <li>Arch/hollow swing</li> </ul>	<ul style="list-style-type: none"> <li>Cast to 90°</li> <li>Pullover/2 back hip circles-no spot</li> <li>Front hip circle-no spot</li> <li>Long hang pullover</li> <li>Hollow hold on floor bar</li> <li>Tap swings with regrip</li> <li>Tap swings with 1/2 turn</li> <li>Glides</li> </ul>
CONDITIONING	<ul style="list-style-type: none"> <li>5 Push ups</li> <li>5 Second hollow hold</li> <li>5 Burpees</li> </ul>	<ul style="list-style-type: none"> <li>20 Push ups</li> <li>15 Burpees</li> <li>10 Candle stick rolls in a row</li> <li>5 Leg lifts</li> </ul>	<ul style="list-style-type: none"> <li>25 Push ups</li> <li>20 Burpees</li> <li>15 Candle stick rolls</li> </ul>

**Note: Gymnasts must pass skills in each event to progress to the next level.**