

# FLIP, JUMP, TUCK!

## GYMNASTICS SKILLS PROGRESSION



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	FLOOR	TRAMPOLINE	VAULT	BEAM	BARS	CONDITIONING
GIRLS BEGINNER	<ul style="list-style-type: none"> <li>• Mini handstand</li> <li>• Split leaps at 90</li> <li>• Half-turn on toe</li> <li>• Cartwheel (start and land in lunge)</li> <li>• Forward roll</li> <li>• Backward roll</li> <li>• Bridges</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck, Straddle, Pike</li> <li>• Seat drop-stand up</li> <li>• Doggie drop-donkey kick</li> </ul>	<ul style="list-style-type: none"> <li>• 40 foot runs</li> <li>• Hurdle onto board</li> <li>• Jump onto mat with hurdle (at least 2 eight inch mats)</li> </ul>	<ul style="list-style-type: none"> <li>• Front Support Walks (forward, side, back)</li> <li>• V-Sit to stand</li> <li>• Lunge lever-T</li> <li>• Arabesque/Scale</li> <li>• 3 Pivot turns</li> <li>• Straight jump</li> <li>• Duck hold</li> <li>• Dismounts (tuck, straddle, straight)</li> </ul>	<ul style="list-style-type: none"> <li>• Cast to 45°</li> <li>• Pullover (little or no spot)</li> <li>• L-Hang</li> <li>• Forward roll on bar</li> </ul>	<ul style="list-style-type: none"> <li>• 3 push ups</li> <li>• 1 chin up</li> <li>• 5 sit ups</li> </ul>
GIRLS BEGINNER 2	<ul style="list-style-type: none"> <li>• Lunge/Handstand/Lunge</li> <li>• Split leaps at 90°</li> <li>• Half-turn on toe</li> <li>• Cartwheel with straight legs</li> <li>• Round off/Straight Jump</li> <li>• Backward roll land pushup</li> <li>• Bridge kick over</li> <li>• Handstand forward roll</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Donkey kicks in a row</li> <li>• Peanut roll</li> <li>• Straddle jump close to 180°</li> </ul>	<ul style="list-style-type: none"> <li>• 40 foot runs</li> <li>• Hurdle onto board with arm circles</li> <li>• Jump up onto block</li> <li>• Hand stand flat backs</li> </ul>	<ul style="list-style-type: none"> <li>• Front support to mount</li> <li>• Walks on toe</li> <li>• Handstand-low beam</li> <li>• Cartwheel on floor beam</li> <li>• One foot turn</li> <li>• Split leap</li> <li>• Tuck jump</li> <li>• Lunge/Lever/Lunge</li> <li>• 2 Straight jumps</li> <li>• Leap on low beam</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Casts to 45° in a row</li> <li>• Pullover with no spot</li> <li>• Jump/glide back to stand</li> <li>• Arch/hollow hang</li> <li>• Cast/back hip circle</li> <li>• Squat onto floor bar/jump off</li> </ul>	<ul style="list-style-type: none"> <li>• 5 Push ups</li> <li>• 20 second hollow hold</li> <li>• 1 pull ups</li> </ul>
GIRLS INTERMEDIATE	<ul style="list-style-type: none"> <li>• Lunge,Lever/Handstand/LeverLunge.</li> <li>• Split leaps at 110°</li> <li>• Full turn on toe</li> <li>• Cartwheel with straight legs</li> <li>• Round off/rebound</li> <li>• Back ext. roll (on wedge)</li> <li>• Back walkover without spot</li> <li>• Dive forward rolls onto 8" mat</li> <li>• Handstand limber with spot</li> </ul>	<ul style="list-style-type: none"> <li>• Back hand-spring with spot</li> <li>• Front hand-spring</li> <li>• Peanut Rolls</li> </ul>	<ul style="list-style-type: none"> <li>• 40 foot runs</li> <li>• Handstand pops</li> <li>• Jumpy-uppy onto vault</li> <li>• Handstand flat backs onto 8"</li> <li>• Handstand flat back onto pit mat</li> </ul>	<ul style="list-style-type: none"> <li>• Mount to push up</li> <li>• Walks (on toes)</li> <li>• Handstand on high beam</li> <li>• Side cartwheel</li> <li>• Handstand dismount</li> <li>• Cartwheels on low beam</li> <li>• Coupe heel snap turns</li> <li>• Split leap at 90° on high beam</li> <li>• Split jump</li> </ul>	<ul style="list-style-type: none"> <li>• 3 casts to horizontal</li> <li>• 3 glides in a row</li> <li>• Glide/Pullover/Back hip circle</li> <li>• Cast back circle under shoot</li> <li>• Front hip circle with spot</li> <li>• Arch-hollow swings</li> <li>• Squat onto floor bar/jump off</li> <li>• Shoot to the moon</li> </ul>	<ul style="list-style-type: none"> <li>• 10 push ups</li> <li>• 30 second hollow hold</li> <li>• 2 pull ups</li> <li>• 10 burpees</li> </ul>
GIRLS ADVANCED	<ul style="list-style-type: none"> <li>• Handstand hold 3 seconds</li> <li>• Split leaps at 160°</li> <li>• 1 1/2 turn on toe</li> <li>• Dive cartwheel</li> <li>• Round off/jump back onto pit mat</li> <li>• Back ext. roll</li> <li>• Dive forward roll on floor</li> <li>• Front Handspring</li> <li>• Back Handspring</li> <li>• Handstand forward roll</li> </ul>		<ul style="list-style-type: none"> <li>• Hurdle/jump backs</li> <li>• Jump up onto vault</li> <li>• Handstand pop- hollow body</li> <li>• Handspring vault into pit</li> <li>• Front tuck off board into pit</li> </ul>	<ul style="list-style-type: none"> <li>• Mount</li> <li>• Handstand on high beam</li> <li>• Side handstand dismount</li> <li>• Back walk-over on floor beam</li> <li>• Cartwheel with spot</li> <li>• Half turn</li> <li>• Split leap at 110°</li> <li>• Split jump at 90°</li> <li>• Tuck jump/split jump</li> </ul>	<ul style="list-style-type: none"> <li>• Kip with spot</li> <li>• Front hip circle</li> <li>• Tap swings (hollow, arch)</li> <li>• Squat on</li> <li>• Jump to high bar (hollow)</li> <li>• Long hang pull-over</li> <li>• Squat on</li> </ul>	<ul style="list-style-type: none"> <li>• 15 push ups</li> <li>• 3 pull ups</li> <li>• 15 burpees</li> <li>• 10 hollow rocks</li> </ul>
GIRLS ADVANCED 2	<ul style="list-style-type: none"> <li>• Handstand hold 3 seconds</li> <li>• Split leaps at 180°</li> <li>• Double turn on toe</li> <li>• Round off-back hand-spring</li> <li>• Back ext. roll</li> <li>• Front handspring double down</li> <li>• Standing back tuck with spot</li> <li>• Front handspring double down</li> </ul>		<ul style="list-style-type: none"> <li>• Hurdle/jump backs</li> <li>• Handstand pop- hollow body</li> <li>• Handspring vault</li> <li>• Front tuck off board into pit</li> </ul>	<ul style="list-style-type: none"> <li>• Mount</li> <li>• Handstand on high beam</li> <li>• Side handstand dismount</li> <li>• Back walk over on beam with spot</li> <li>• Cartwheel with spot</li> <li>• Half turn</li> <li>• Split leap at 160°</li> <li>• Split jump at 90°</li> <li>• Tuck jump/split jump</li> </ul>	<ul style="list-style-type: none"> <li>• Kip</li> <li>• Front hip circle-no spot</li> <li>• Tap swings to horizontal</li> <li>• Squat on, kip on high bar</li> <li>• Clear hip circle with block</li> </ul>	<ul style="list-style-type: none"> <li>• 20 push ups</li> <li>• 5 pull ups</li> <li>• 20 burpees</li> <li>• 20 hollow rocks</li> </ul>

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