



BEGINNER GYMNASTICS

TRAINING FOCUS

VAULT/TRAMP

- Run, punch, straight jump
- Run, punch, dive roll
- Handstand against wall
- Handstand flat back
- Right/Left split jump
- Seat drop
- Donkey Kicks

BEAM

- Front support swing mount
- Tuck/straddle dismount off side of beam
- Releve' walks
- Passe' walks
- Straight jump
- Lever

BARS

- Jump to front support from ground, forward roll dismount
- 3 casts connected , cast push away
- Inverted hang
- Bent knee tap swing regrip
- Leg Cut
- Chin up pullover/kickover (with assistance)

FLOOR

- Backwards roll down wedge
- Tuck/straddle roll on floor to stand up
- Handstand
- Cartwheel step in
- Roundoff over panel mat
- Half turn of floor
- Chasse

NEXT CLASS: INTERMEDIATE GYMNASTICS