

ADVANCED BOYS

Floor Exercise

- Power hurdle, front handspring on Tumble Trak
- Power hurdle, front handspring on floor
- Back handspring down wedge mat - spotted
- Round-off, back handspring - spotted
- Round-off, back handspring - w/out spot
- Front tuck
- Standing back tuck - spotted
- Round-off, back tuck on Tumble Trak
- Round-off back handspring - w/out spot
- Standing back tuck, w/out spot
- Fly spring on Tumble Trak
- Fly spring, dive roll on Tumble Trak
- Front handspring, front tuck on Tumble Trak
- Front pike or layout on Tumble Trak
- Front pike or layout with a twist, on Tumble Trak
- Round-off, layout
- Backward twisting

Mushroom/Pommel Horse

- Spindle sequence in bucket
- 25+ bucket circles
- 1 to 1.5 full circles on mushroom
- 3/4 to full circle on mushroom top
- 1-2 circles on mushroom top
- 3-5 circles on mushroom
- 10 circles to a Russian
- 1 flair on mushroom

Still Rings

- Dislocate, slowly with a spot
- Jump to L hold, backdrop to inverted pike
- Lever hold to "Skin the Cat"
- Muscle up, without a spot
- Muscle up, L hold, backdrop to inverted pike hold, "Skin the Cat" hold, with a spot
- Ring sequence #5, with a spot
- Ring sequence #5, without spot
- Back uprise drill, with box & spot
- Dislocate to continued swing
- Front uprise drill, with box & spot
- Inverted pike kip drill
- Ring sequence #5, with lever hold

Vault

- Dive roll up to pit
- Front tuck up pit
- Flat back
- Kick up to handstand, push over
- Front handspring over pit block
- Cartwheel or round-off over pit block
- Front flip over pit
- Round-off over pit
- Dive roll onto table over wedge mat
- Front tuck onto table over wedge mat
- Front handspring over table, w/spot
- Round-off over table onto pit blocks
- Round-off over table, w/floor landing

Parallel Bars

- Parallel bars sequence #6
- Swings to 1/2 turn dismount
- Parallel bars sequence #7
- Parallel bars sequence #8
- Jump glide kip, w/spot
- Handstand hold against wall, on small PBars
- Kick up to handstand on small PBars
- Jump glide kip, w/out a spot
- Underarm swing to front uprise
- Swings to 3/4 handstands
- Swing to handstand, lower w/control into 2nd swing
- Swings to handstand hold, straddle press down
- Baby MOI swing to underarm support

Horizontal Bar

- 5-7 chin ups on high bar
- Pull over on high bar
- Cast, back hip circle on high bar
- Cast, underswing to boxes, spotted
- 3 tap swings to long hang pullover
- Cast, back hip circle, underswing, spotted
- Glide kip, spotted
- 3 tap swings, 1/2 turn to boxes
- High bar sequence #1
- Glide kip
- Tap swings to fall flat
- Fly away - spotted
- High bar sequence #2
- Tap swings to fly Away - spotted
- Strap bar swings
- Giant swing - spotted & w/out a spot

(Advanced Boys 1 Advanced Boys 2)

