

BEGINNING BOYS 1

Floor Exercise

- Forward roll
- Backward roll
- Bridge hold
- Tripod balance to headstand
- Walk up wall to handstand, roll out
- Kick up to handstand against wall
- Open handstand
- Cartwheel

Mushroom/Pommel Horse

- 1/4 mushroom walk-around w/3 second holds
- 1/4 mushroom jump-around w/3 second holds
- Regular start 1/2 circle, walk around
- 1-3 bucket circles on mushroom

Still Rings

- Straight body hang - 10 second hold
- Tuck hang - 5 second hold
- 5 swings with straight legs, drop with safe landing
- Chin up with spot, 3 second hold & lower
- Ring sequence #1
- Candlestick - 10 second hold
- Ring sequence #2

Vault

- Arm circle, straight Jump
- Hurdle, arm circle, straight Jump
- Rebounds
- Hurdle off trapezoid, arm circle, straight jump
- Run, arm circle, straight jump
- Arm circle, tuck jump - introduction

Parallel Bars

- Straight body support hold - 10 seconds
- Tuck body support hold - 10 seconds
- 5 small swings
- 5 swings to front straddle support
- Forward & backward walks
- Parallel bars sequence #1
- 3 swings to push up position, + 3 push ups
- Hop off, with safe landing, from push up position
- Parallel bars sequence #2

Horizontal Bar

- Front support, 3 casts & 3 push ups
- Pull over with block
- Traverse high bar, drop w/safe landing
- 3 chin ups with support
- Candlestick hold - 5 seconds
- Forward roll dismount, controlled
- 2 -1/2 turns on the high bar
- "Skin the Cat" on low bar

