

BEGINNING BOYS 2

Floor Exercise

- Tripod balance to headstand, roll out
- Bridge hold with leg balance
- Baby dive roll
- Baby dive roll, straddle up
- Handstand
- Handstand forward roll
- Cartwheel, snap up and step in
- Hurdle, cartwheel step-in
- Hurdle to cartwheel, introduction
- Hurdle, cartwheel, snap up and step in

Mushroom/Pommel Horse

- 3/4 walk-around
- 1/2 circle, on mushroom top, walk around
- 5-10 bucket circles

Still Rings

- Ring sequence #2
- 3-5 swings to flip between the rings, drop w/safe landing
- Ring sequence #3
- Ring sequence #4

Vault

- Hurdle, arm circle, straight jump
- Run, hurdle, arm circle, straight jump
- Arm circle, jump up, tuck, safe landing
- Hurdle, arm circle, tuck jump, safe landing
- Run, hurdle, arm circle, tuck jump, safe landing
- Baby dive roll
- Dive roll over mailbox
- Principles of a front tuck

Parallel Bars

- Parallel bars sequence #3
- Forward & backwards walks w/ NO stops
- 3-5 counter swings to flank cut dismount
- Forward hops
- Parallel bars sequence #4

Horizontal Bar

- Support, 5 casts, 5 push ups
- 5 chin ups with feet supported
- 1-3 chin-ups, no support or assistance
- Candlestick hold - 5 second, with light spot
- Pull over, on low bar, without a spot
- 1-3 casts, back hip circle, with spot
- Underswing, on low bar, with spot
- 1 tap swing
- High bar sequence #1

