

## GYMNASTICS PROGRAM SKILL PROGRESSION updated 8/24

Event	Kid-Nastics	Intro to Gymnastics	Novice, Level 1	Beginner, Level 2	Adv. Beg., Level 3	Intermediate, Level 4	Adv. Inter., Level 5
<b>Bars</b>	Tuck hang	L-Hang (3 sec)	Drop candle	3 tap swings	Front hip circle, cast	Straddle or pike glide kip	Cast, long hang p. over
	Chin hold (1 sec.)	Chin hold (3 sec.)	Pullover (from 2 feet)	Cast, cast back hip circle	Cast back hip circle, back hip circle	Cast to horizontal	Cast above horizontal
	Jump to front support	Pullover (from 1 or 2 feet) w/light spot	Cast back hip circle w/light spot	Cast squat on jump off low bar	Cast, squat on, jump to high bar	Cast, 360 bkw sole circle	Clear hip circle to above horiz.
	1 cast	3 Casts - 45°	Cast sole circle w/light spot	Glide swing, return; back hip pullover	Cast back hip circle, underswg dismt (low)	Jump to long hang kip w/spot	Long hang kip, cast above horiz.
	Skin the cat	Hollow push-up position on floor bar	Squat on floor bar	3 glide swings in a row	Straddle/pike glide kip with spot	Cast to horiz., back hip circle on high	Underswing, counterswing, tap swing, flyaway dismt.
	Sole circle hold	Jump to sole circle dismount	Glide swing from hollow return to hollow	Cast underswing dismt low	Cast, pike sole circle dismt.	Underswing, counterswing, tap swing, ½ turn dismt.	Bkwd sole cir to clear support
	Straddle on, fall to seat (floor bar)	Cast bhc w/spot					
<b>Beam</b>	V-sit	Jump to front support mt to stand	Jump fr support mt	Releve', plie', stretch jump	Fish pose mt, stag sit to stand	Lock, squat turn, scale	Back walkover
	Bunny hops w/hands on beam (low)	Releve' hold, lock, stand	Single leg v-sit	H.S attempt thru lever	Cross h.s to vert.	Cartwheel	Leap 150°
	Releve' hold 3 sec.	Kicks to 45°	Tuck, pike, single leg kick up	Lock, ½ pivot turn, lunge	Leap 90°	Bkw kick, fwd passe, dip	Cross H.S, hold 2 sec.
	Walk forward with beam feet	Arabesque 30°	Stretch jump, releve' lock stand	Split jump	½ turn in fwd passe'	Leap 120°	Split jump 150°, sissone
	Walk sideways	Lunge, lever to T, lunge	From lunge, ctwhl to ¾ h.s dismt.	Cartwheel to side h.s. dismt.	Cartwheel, side h.s., ¼ turn dismt.	Cross h.s. (1 sec.)	Full turn in forward passe', bhs w/ spot
	Walk backwards	Jumps across low beam	Kicks to 90°	Backward leg swings 45°	Cartwheel (low)	Stretch jump, split jump 120°	Back tuck dismount
	Note: All skills to be mastered on high beam unless otherwise specified.				Two ½ pivot turns to lunge	Cartwheel, side h.s., ¼ turn dismt.	Bkw roll to min. ¾ hs
					Str jmp, str jmp, lock stand	Back walkover (low)	Front walkover
<b>Floor</b>	Log rolls both directions	Lunge, lever to T, lunge	HS to vert thru lever	HS thru lever, hold 1 sec., forward roll	Side lunge, fwd passe, side lunge, ¼ turn	Straddle jump 120°; jump ½ turn	Straddle jump 150°; jump full turn
	Handstand attempt from lunge	¾ Handstand	Split jump (30°)	Round-off off panel mat, bhs w/spot	H.S., fwd roll w/ straight arms	FHS step out, ctwl	FHS step-out, FHS step-out
	Candlestick arms by ears	Forward roll to stand on floor	Straight arm b.roll down incline	Ctwhl, backward roll to push up pos.	Leap, 90°, fish pose	Straight arm back ext. roll	Front tuck
	Inverted "L"	Bridge, rock; lift leg & arm	Round off, rebound	Bridge kick over	Forward split	Full turn in forward passe'	Straigh arm back ext. roll; h.s
	Forward roll down incline	Cartwheel L & R	Bridge kickover on incline	½ turn forw. passe'	BHS down incline	Standing back handspring	Roundoff, bhs, back tuck
	Backward roll down incline	Backward roll down incline	Run, hurdle cartwheel	Chasse', leap, 60°	Back walkover	Leap 120°	Leap 150°
	Backward roll down incline	Skipping cartwheel	BHS on incline w/spot	Split jump 60°, h.s hold	HS, bridge, kick-over	Roundoff, bhs, bhs	Aerial cartwheel
		Candlestick, stand			Bwd roll to 45 to push up pops		Front walkover
				Round-off, bhs			
<b>Vault</b>	Skipping	Proper running tech	Str jmp onto 16" mat	Handstand hops on fx	Jump to h.s. on 32" mat to flat back	FHS to flat back	Handspring vault
	Proper running tech.	Body positions: tuck, pike, straddle, straight	HS fall to flat back on incline	Jump to H.S. on 16" mat to flat back	FHS off panel mat	BHS to raised surface	FHS, ½ turn to stomach
	Body positions: tuck, pike, straddle, straight	Squat on to stacked mats	Squat on	FHS over panel mat on tumble trak	Front tuck w/springboard	Handspring vault	Front salto stretched
	BSR on 3 carpet squares	Spiderman HS to flat back on incline	H.S from lunge against wall		HS hops to 1" mat		
	Jump off 2' box to stick		Proper board approach w/run		From mini-tramp, FHS to flat back		
	Donkey kicks				FHS over 32" mat		