



Inland Empire Gymnastics Academy • Intermediate Boys Skill Sequence

Vault

Run, Hurdle, Straight Jump
Run, Hurdle Dive Roll
Run, Hurdle Front Tuck

High Bar

Pull-Over
Back-Hip Circle
Underswing

3 Swings to Long Hang Pull-Over on
HB, swing $\frac{1}{2}$ turn

Boys Events

Rings

Ring Routine w/option to flip

Mushroom

Bucket Circle

Parallel Bars

Support, Pike L Hold, Swings to
Front Straddle, Swing to Flank
Dismount

Floor Exercise

Handstand Forward Roll
Run, Cartwheel or Round-Off
Back Handspring over boulder

Front Tuck or Fly Spring on Tumble
Trak