



Inland Empire Gymnastics Academy • Beginning Boys 1 Skill Sequence

Vault

Smash & Swing to Trapezoid
Smash & Swing to Medium Block
Run, Straight Jump to (2) 8" mat
Run, Tuck Jump to (2) 8" mat

High Bar

Pull-Over with a block
Front Support Hold
3-5 Casts
Forward Roll Dismount

Tap Swings from a block w/ ½ turn
on the high bar

Boys Events

Rings

Flip Around
Candlestick, Stand Up

Mushroom

¼ Walk Around

Parallel Bars

Support, Tuck, Swing to Ft. Straddle
Swing & Drop

Floor Exercise

Forward Roll
Backward Roll
Tripod or Headstand
Kick up to Handstand