



Inland Empire Gymnastics Academy • Power Kid Girls Skill Sequence

Vault

Smash & Swing off Trapezoid
Tuck & Straddle Jump – off block
Run, Straight Jump to 8” mat

Uneven Bars

3 Chin Ups with block
Straddle Hang
Front Support
3 Casts
Forward Roll Dismount

Balance Beam

Mount
Relevé Balance (3 seconds)
3 Steps Forward
3 Steps Backward
Straight Jump
 $\frac{1}{4}$ Turn
Straight Jump Dismount

Floor Exercise

Forward Roll
Open Handstand
Squat, Candlestick Hold
Stretch Position, Bridge
Tuck Roll, Stand Up