



## Inland Empire Gymnastics Academy • Beginning Boys 2 Skill Sequence

### Vault

- Dive roll from trapezoid w/springboard to 2-8" mats
- Run, Dive Roll to 2-8" mats
- Run, Straight Jump to 3-8" mats

### Boys Events

#### Rings

- Chin Hold
- Tuck Hold, Swing to Candlestick / Pike
- Cat Drop OR Back to Pike, Swing & Flip

#### Mushroom

- 3-5 Bucket Circles

#### Parallel Bars

- Sequence with Push-Ups or Flank Cut Dismount

### High Bar

- Pull-Over, Front Support
- 3-5 Casts, Back Hip Circle (spotted)
- Forward Roll Dismount
- 3 Tap Swings from block on high bar
- 3 - ½ Turns on High Bar

### Floor Exercise

- Handstand Forward Roll
- Backward Roll to Push Up
- Headstand or Straddle Up
- Cartwheel or Round-Off, with or without hurdle
- Bridge kick-over