



Inland Empire Gymnastics Academy • Power Kid Girls Skill Sequence

### **Vault**

- Smash, Swing, Straight Jump (*Trapezoid to Trapezoid*)
- Swing Straight off Trapezoid to the Floor
- Run, Smash, Swing, Straight Jump

### **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
- Finish

### **Floor Exercise**

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