



Inland Empire Gymnastics Academy • Beginning Boys 2 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
Principals of a Front Tuck

High Bar

Pull-Over, Front Support
3-5 Casts, Back Hip Circle
Forward Roll Dismount

3 Tap Swings from block on high bar
with 3 - ½ Turns

Boys Events

Rings

Chin Hold
Tuck Hold, Swing to Candlestick
Cat Drop

Mushroom

Jump to ½ Circle

Parallel Bars

Swing to Straddle Stand, Dismount

Floor Exercise

Handstand Forward Roll
Straight Arm Roll with wedge
Headstand or Straddle Up
Bridge with leg left or kick-over
Cartwheel or Round-Off