



Inland Empire Gymnastics Academy • Beginning Girls 2 Skill Sequence

**Vault**

Hurdle to a medium block  
Run, Straight Jump to a block  
Run, Dive Roll to (2) 8" mats **OR**  
Baby Dive Roll with (2) 8" mats

**Balance Beam**

Athlete Choice on Floor Beam:  
Open Handstand on Floor Beam  
**OR** Cartwheel on Floor Beam

Mount  
3 Relevé Steps Backward  
3 Relevé Steps Forward  
Pivot Turn  
Straight Jump, Straight Jump  
Round Off Dismount **OR**  
Cartwheel Dismount

**Uneven Bars**

Pull-Over to Support Hold  
3 Casts  
Back-Hip Circle (with a spot)  
Forward Roll  
Jump to Straddle Shoot

**Floor Exercise**

Handstand Hold  
Backward Roll  
Cartwheel, Step In  
Back-Bend, Kick Over (spot)