



## Inland Empire Gymnastics Academy • Power Kid Boys Skill Sequence

### Vault

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

### Floor

- Forward Roll, stand up
- Backward Roll, stand up
- Tripod Balance
- Open Handstand
- Finish

### Boys Events

- On medium rings: Chin Up with spot, hold for 3 sec.
- On medium rings: Tuck Hold
- On medium rings: 5 Swings w/straight legs, Stop & Srop with Safe Landing
- Straight Body Hold & Tuck Hold on Low Parallel Bars
- 3 Baby Swings on Low Parallel Bars

### Horizontal Bar

- 3 Chin Ups, with a block on low bar
- Pull over, with a block on low bar
- 3 Casts on low bar
- Forward Roll Dismount on low bar
- 1 Half Turn on High Bar