

ADVANCED GIRLS

Vault	Uneven Bars	Balance Beam	Floor Exercise
<ul style="list-style-type: none"> • Straight Jump (up to pit block) • Front Tuck (up to pit block) • Handstand Fall Flat (up to pit block) • Cartwheel (up to pit block) • Front Handspring (over pit block) • Round-Off (over pit block) • Handstand Flat Back (table) • Punch Front Tuck (2 8" mats) • Front-Handspring (over table) • Round-Off (over table) • On Tumble Track or into Pit: <ul style="list-style-type: none"> ○ Front Layout ○ Brani ○ Front Twisting 	<ul style="list-style-type: none"> • Straddle Shoot • Squat Pike Shoot • Glide Swing • Cast, Back-Hip Circle • Undershoot (low bar) • Squat On, Jump Off • Catch High Bar Drill (from box to cheese) • 3 Tap Swings to Back Drop • Under-Swing, Counter Swing (back to boxes) • Straddle or Pike Shoot • with 1/2 Twist • Squat On (or climb up) • Jump to High Bar • Cast Back Hip Circle Under-Swing (back to boxes) • Tap Swing, 1/2 Turn Dismount (low bar) • Bowling or Board Kip Drill • Drop Kip (with coach) • Squat On to Tap Swings • Tap Swing to Long Hang Pull Over • Cast, Back Hip Circle, Under-Swing • to Tap Swings • Tap Swings to 1/2 Turn Dismount • Fly-Away Drills • Any Kip Variation 	<ul style="list-style-type: none"> • Open Handstand • Cartwheel (beam pad) • Side Handstand Dismount • Side Handstand 1/4 Turn • Dismount (with coach) • Punch Dive Roll Drill • Back-Walkover (laser beam) • Full Handstand • Cartwheel • Round-Off with 1/2 Turn • Side Handstand 1/4 Turn Dismount • Punch Front Tuck (onto pit) • Back-Walkover (low beam) • Full Handstand to Side • Handstand 1/4 Turn Dismount • Punch Front Tuck Dismount • Back-Walkover (beam pad) • Tick-Tock (laser beam) • Round-Off (laser beam) • Aerial/Brani Dismount 	<ul style="list-style-type: none"> • Back-Walkover • Front-Walkover • Round-Off, Back-Handspring (tumble track) • Standing Back-Handspring (down cheese) • Fly-Spring (tumble track) • Front-Handspring (over 8" mat) • Front Tuck (onto 8" mat) • Round-Off, Back-Handspring (8" mats) • Front-Handspring • Front-Handspring, Dive Roll (8" mat) • Front Pike (tumble track) • Aerial (with mats) • 3 Straight Jumps, Back Tuck (tumble track) • Round-Off, Back-Handspring (4" mat) • Round-Off, 2 Back-Handsprings • Front-Handspring, Front Tuck • Aerial • Standing Back Tuck (from box) • Round-Off, Back Tuck

