



Inland Empire Gymnastics Academy • Beginning Girls 1 Skill Sequence

Vault

Smash & Swing to (2) 8" mat
Rebounds with medium block
Run, Straight Jump to (2) 8" mat

Balance Beam

Mount
Candlestick, Stand Up
3 Kicks Forward
Straight Jump
3 Steps Backward
¼ turn
Straight Jump Dismount

Uneven Bars

Pull-Over (with a spot)
3 Casts
Forward Roll
Straddle Hang

Floor Exercise

Cartwheel
Backward Roll
Jump ½ Turn
Forward Roll
Open Handstand