



Inland Empire Gymnastics Academy • Intermediate Boys Skill Sequence

Vault

- Run, Straight Jump to 3-8" mats
- Run, Dive Roll to 3-8" mats
- Front Tuck to Pillow Mat from Trapezoid or Box

High Bar

- Pull-Over
- Back-Hip Circle
- Underswing
- 3 Swings to Long Hang Pull-Over on HB (if ready)

Boys Events

Rings

- Ring Routine w/option to flip

Mushroom

- Bucket Circle

Parallel Bars

- Sequence on Low Parallel Bars OR
- Tap Swing Sequence

Floor Exercise

- Handstand Forward Roll
- Run, Cartwheel or Round-Off
- Back Handspring over boulder

Front Tuck or Fly Spring on Tumble Trak