



## Inland Empire Gymnastics Academy • Beginning Girls 1 Skill Sequence

### Vault

- Smash, Swing, Tuck Jump  
*(Trapezoid to 1-8" mat)*
- Run, Smash, Swing Straight  
Jump to 2-8" mats
- Run, Smash, Swing Tuck  
Jump to 1-8" mats

### Uneven Bars

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

### Balance Beam

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

### Floor Exercise

- Bridge – Tuck & Stand
- Cartwheel
- Jump ½ Turn
- Forward Roll
- Open Handstand
- Finish