



Inland Empire Gymnastics Academy • Beginning Boys 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

High Bar

- Pull-Over with a block
- Front Support Hold
- 3-5 Casts
- Forward Roll Dismount
- Tap Swings from a block, on
the High Bar
- 2 - ½ turns on High Bar

Boys Events

Rings – Ring Sequence **OR**

- Flip Arouds
- Candlestick, Stand Up
- Chin Hold, Tuck Hold, 5 Swings,
Land

Mushroom

- ¼ Walk Around or Bucket

Parallel Bars

- Support, Tuck, 5 Swings
- 3 Swings, Straddle
- 3 Swings to Push Up

Floor Exercise

- Forward Roll
- Backward Roll
- Tripod or Headstand
- Open Handstand
- Cartwheel
- Finish