

BEGINNING BOYS 2

Floor Exercise

- Baby Dive Roll
- Straddle Up Roll
- Handstand Forward Roll
- Backward Roll to Push Up
- Cartwheel Step In
- Hurdle, Cartwheel Step In
- Round-off to knees
- Bridge Kickover off Trapezoid

Pommel Horse

- 3- 5 Bucket Circles
- 3/4 Circle on Mushroom

Still Rings

- Sequence: Chin Up, controlled lower to tuck hold, kick out to 3-5 swings
- Sequence: 3-5 swings up to candlestick
- Sequence: Inverted pike, peel the banana, drop landing with safe dismount
- Complete ring routine on own
- 5 swings to flip with safe landing

Parallel Bars

- Backward walk steps across the entire low parallel bars
- 3 swing sequence on low parallel bars
- Flank Cut Dismount
- Side to side swing & travel backward on regular parallel bars
- 3 Swing Sequence with Flank Cut Dismount on low parallel bars

Vault

- Smash, swing, straight jump from medium block to medium block or 3 - 8 inch mats; starting from a bad leg lunge
- Run, smash, swing, straight jump up to 3 - 8 inch mats
- Baby dive roll from springboard to 1 or 2 - 8 inch mats (leg extension)
- Dive roll from trapezoid w/springboard to 2 - 8 inch mats (arms up, legs extended)
- Run, hurdle, dive roll to 2 - 8 inch mats
- Principles of a Front Tuck: Front tucks from trapezoid or springboard to 1 - 8 inch + pillow or on Tumble Trak
- Smash, swing, tuck jump from a medium block to 1 - 8 inch mat
- Run, smash, swing, tuck jump to 1 - 8 inch mat with safe landing

Horizontal Bar

- 1-3 real Chin-Ups
- Pull Over on low bar without a spot
- Cast, Back Hip Circle, with light spot
- Under-Swing on low bar, spotted
- 5 Casts, with straight arm & legs (body must leave bar), up to a block + 5 push ups
- 3 - Half Turns in a row on high bar, with a safe landing dismount
- 3 Taps Swings on high bar

