



Inland Empire Gymnastics Academy • Beginning Girls 2 Skill Sequence

Vault

- Dive roll from trapezoid w/springboard to 2-8" mats
- Run, Dive Roll to 2-8" mats
- Run, Straight Jump to 3-8" mats

Uneven Bars

- Pull-Over to Support Hold
- 3 Casts
- Back-Hip Circle with a spot
- Forward Roll
- Jump to Straddle Shoot

Balance Beam

Athlete Choice on Floor Beam:
Open Handstand on Floor Beam
OR Cartwheel on Floor Beam

- Mount
- 3 Relevé Steps Backward
- 3 Relevé Steps Forward
- Pivot Turn
- Straight Jump, Straight Jump
- Round Off Dismount **OR**
- Cartwheel Dismount

Floor Exercise

- Handstand Hold
- Backward Roll
- Cartwheel, Step In
- Back-Bend Kick Over or Bridge Kick Over (spot)