



Inland Empire Gymnastics Academy • Intermediate Girls Skill Sequence

Vault

Run, Hurdle Dive Roll
Run, Hurdle Handstand Flat Back
on (2) 8" mats

Balance Beam

Athlete Choice on Floor Beam:
Cartwheel on Floor Beam **OR**
Bridge Kick-Over on Floor Beam

Mount
3 Dip-Kicks
Tuck Jump
3 Relevé Walks Backward
Open Handstand
Straight Jump, Straight Jump
Pivot Turn
Round Off Dismount

Uneven Bars

Pull-Over
Cast, Back-Hip Circle
Straddle Shoot Dismount

Floor Exercise

Cartwheel, Step In, Pivot Turn
Handstand Forward Roll
Pivot Turn
Hurdle, Round-Off
Back-Bend, Kick Over OR Back-
Walkover