

BEGINNING BOYS 1

Floor Exercise

- Forward Roll, no hand stand up
- Backward Roll
- Tripod Balance
- Kick up to handstand against wall
- Lunge, Open Handstand
- Cartwheel with correct lunges

Pommel Horse

- 1/4 turning walk around on Mushroom, holding all 4 plank positions for 3 sec. each
- 1-3 Bucket Circles on Mushroom

Still Rings

- On medium rings - Chin up with spot, 5 sec. hold then controlled lower on own
- On medium rings - Tuck Hold for 5 sec
- On medium rings - 5 swings with straight legs, stop & drop with safe landing
- On low rings - Flip Around, forward and backward
- On low rings - Candlestick Hold with controlled flip around
- On medium rings - 3 swings to candlestick hold, peel the banana, drop with safe landing

Parallel Bars

- Straight Body Support Hold for 5 sec. on low parallel bars
- Tuck Support Hold for 5 sec. on low parallel bars
- 5 controlled Baby Swings with fold-up mat on low parallel bars
- Forward walk steps across entire low parallel bars
- Side to side swing & travel forward on regular parallel bars

Vault

- Swing, straight jump (on ground)
- Smash, swing, straight jump (on the ground)
- Rebounds
- Smash, swing, straight jump w/springboard (off trapezoid to 2 - 8in mats)
- Run, smash, swing, straight jump (2 - 8in mats)
- Swing, tuck jump (on ground)
- Smash, swing, tuck jump (on ground)
- Smash, swing, tuck jump w/springboard (off trapezoid to 1 - 8in mat)
- Run, smash, swing, tuck jump with safe landing (1 - 8in mat)

Horizontal Bar

- 5 Chin Ups with feet held or 1 real chin up
- 5 Casts, with straight arm and legs, up to a block + 5 push ups
- Forward Roll Dismount, controlled
- Pull Over with Block
- Candlestick on bar, 5 sec. hold, with shoulder support from coach
- 2 - Half Turns in a row on high bar, with a safe landing dismount
- 1 Tap Swing on high bar

