



Inland Empire Gymnastics Academy • Beginning Boys 2 Skill Sequence

**Vault**

Smash & Swing to Trapezoid  
Smash & Swing to Medium Block  
Run, Straight Jump to (2) 8" mat  
Run, Tuck Jump to (2) 8" mat  
Principals of a Front Tuck

**High Bar**

Pull-Over, Front Support  
3-5 Casts, Back Hip Circle  
Forward Roll Dismount  
  
3 Tap Swings from block on high bar  
with 3 - ½ Turns

**Boys Events**

**Rings**

Chin Hold  
Tuck Hold, Swing to Candlestick  
Cat Drop

**Mushroom**

Jump to ½ Circle

**Parallel Bars**

Swing to Front Straddle  
Swing to Straddle Stand, Dismount

**Floor Exercise**

Handstand Forward Roll  
Straight Arm Roll with wedge  
Headstand or Straddle Up  
Bridge with leg left or kick-over  
Cartwheel or Round-Off