

ADVANCED GIRLS

Vault

Straight Jump (up to pit)
 Dive Roll (up to pit)
 Handstand Fall Flat (up to pit)
 Front Tuck (up to pit)
 Cartwheel (up to pit)
 Front Handspring (over pit)
 Round-Off (over pit)
 Front Handspring (over table)
 Round-Off (over table)
 On Tumble Track or into Pit:
 Front Layout
 Brani
 Front Twisting

Uneven Bars

Straddle Shoot
 Squat Pike Shoot
 Single Leg Shoot Through
 Mill Circle
 Squat On, Jump Off
 Catch High Bar (drill)
 Squat On & Catch High Bar
 3 Tap Swings to Back Drop
 Straddle Shoot (high bar)
 Pike Shoot (high bar)
 Cast Back Hip Circle Undershoot
 Glide Swing
 Drop Kip (with coach)
 Squat On to Tap Swings
 Long Hang Pull Over
 Fly-Away (with coach or into pit)
 Back Hip Circle Undershoot
 (high bar)
 Kip (with coach)

Balance Beam

Handstand (medium beam)
 Cartwheel (medium beam)
 Side Handstand Dismount
 (with coach)
 Dive Roll (drill)
 Bridge Kick Over (bumper beam)
 Side Handstand Dismount
 Front Tuck Dismount (onto pit)
 Back Walkover (low beam)
 Back Walk Over
 Tick-Tock (low beam)
 Front Tuck Dismount
 Aerial/Brani Dismount
 Round-Off (floor beam)
 Back Handspring (bumper beam)

Floor Exercise

Front Walkover
 Front Handspring (over or on 8")
 Standing Back Handspring (8")
 Aerial (spotted, with mats)
 Round-Off Back Handspring
 (spotted, with mats)
 Front Tuck (8")
 Front Handspring
 Round-Off Back Handspring
 (with mats)
 Aerial (with mats)
 Back Tuck (from a block, 8")
 Front Handspring, Dive Roll (8")
 Round Off, 2 Back Handsprings
 Round-Off Back Tuck
 Aerial
 Standing Back Tuck (on 8")
 Front Handspring Front Tuck



(1st Progression, 2nd Progression, 3rd Progression)