



Inland Empire Gymnastics Academy | Intermediate Girls Skill Sequence

VAULT

Straight Jump
Dive Roll
Handstand Fall Flat
Front Tuck (on Tumble Track)

UNEVEN BARS

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

BALANCE BEAM

Mount
3 Dip-Kicks
Pivot Turn
Open Handstand
Tuck Jump
Round-Off Dismount

FLOOR EXERCISE

Handstand Roll
Hurdle Cartwheel or Round-Off
Dive Roll (onto 8" mat)
Back-Handspring (with boulder)