

Rec "Levels"

Gymnastar 1- Red

Vault

- squat on to vault
- Hurdle drill off panel mat

Bars

- Jump to front support
- 3 casts
- forward roll to chin hold

Beam (low "real" beam)

- mount, swing leg over and squat on
- two kicks forward
- Lever -> back to lunge
- handstand with a split (baby handstand)
- pivot turn on releve
- straight jump
- tuck jump off side of beam dismount

Floor

- Forward roll
- cartwheel
- candlestick
- lay down, bridge
- split leap
- straight jump
- split jump
- handstand

Gymnastar 2- Orange

Vault

- squat on to vault
- handstand flat back on two 8 inch
- Hurdle drill off panel mat to straight jump land

Bars

- pull over- with spot
- 3 casts
- on third cast back hip circle- with spot
- forward roll to chin hold

Beam (low "real" beam)

- mount, swing leg over and squat on
- two kicks forward (straight legs, kick at horizontal without bending bottom leg)
- Lever -> back to lunge
- handstand (legs close at angle)
- pivot turn
- straight jump
- Split jump (straight legs, 30 degrees)
- tuck jump off side of beam dismount

Floor

- forward roll (stand up without hands)
- cartwheel (straight legs, land and finish)
- candlestick
- lay down, bridge
- kick on leg in the air and hold for 2 seconds
- run split leap
- straight jump, split jump (connected)
- handstand (can close legs together almost at vertical)

Gymnastar 3- Yellow

Vault

- straight jump on to vault or resi without hands
- handstand flat back on two 8 inch
- Hurdle drill off spring board to straight jump land

Bars

- pull over
- cast back hip circle
- underswing dismount

Beam (medium beam)

- mount, swing leg over and squat on
- two kicks forward (straight legs, kick at horizontal without bending bottom leg)
- Forward roll (low beam)
- Lever, touch hands on the beam -> back to lunge
- handstand (legs close at vertical)
- pivot turn
- straight jump
- Split jump (straight legs, 30 degrees)
- Tuck jump dismount (can stick it)

Floor

- cartwheel (straight legs, land and finish)
- Backward roll (down wedge)
- Candlestick
- lay down, bridge
- kick over (down wedge mat)
- 3 steps split leap
- straight jump, split jump (connected)
- handstand forward roll (with spot)

Gymnastar 4- Green

Vault

- Handstand flat back on resi mat
- Hurdle drill off spring board to straddle jump land

Bars

- 2 glides (legs in front)
- pull over
- cast back hip circle
- leg cut over bar
- leg cut back over bar
- straddle sole circle dismount
- Squat on, on white bar

Beam (high beam)

- mount, swing leg over and squat on
- two kicks forward (straight legs, kick at horizontal without bending bottom leg)
- Arabesque (hold 3 gymnastics)
- Forward roll (medium beam)
- Lever, touch hands on the beam with straight legs-> back to lunge
- handstand (legs close at vertical)
- pivot turn
- straight jump
- Split jump (straight legs, 30 degrees)
- Side handstand dismount (land on same side)
- Cartwheel (low beam)

Floor

- Two forward rolls connected without hands for stand up
- Cartwheel, cartwheel(straight legs, land and finish)
- Run to hurdle round off
- Back handspring over barrel
- Backward roll (on floor)
- Candlestick

- Back bend
- kick over (on floor)
- Chase, step, split leap
- straight jump, split jump (connected)
- handstand forward roll (without spot)

Gymnastar 5- Blue

Vault

- Handstand flat back (showing block) on resi mat
- Power hurdle drill off spring board to straddle jump land

Bars

- 2 glides
- pull over
- cast back hip circle
- leg cut over bar
- front mill circle
- leg cut back over bar
- front hip circle (with spot)
- straddle sole circle dismount
- Squat on, on white bar

Beam

- mount, swing leg over and squat on
- two kicks forward (straight legs, kick at horizontal without bending bottom leg)
- Arabesque (hold 3 gymnastics)
- Scale (hold 2 gymnastics)
- Forward roll (high beam)
- Lever, touch hands on the beam with straight legs-> back to lunge
- handstand (legs close at vertical)
- pivot turn (heel on foot)
- straight jump
- Split jump (straight legs, 30 degrees)
- Cartwheel (medium beam)
- Side handstand dismount (land on same side)

Floor

- Two forward rolls connected without hands for stand up
- Cartwheel, cartwheel(straight legs, land and finish)
- Run to hurdle round off
- Back handspring over barrel (up to 8 inch)
- Backward to push up shape, squat jump in to stand up
- Back bend

- kick over (on floor)
- chase, split leap
- straight jump, split jump (90 degree split)
- handstand forward roll
- handstand bridge stand up (front limber)

Gymnastar 6- Purple

Vault

- Handstand flat back (showing block) on resi mat
- Power hurdle drill off spring board to straddle jump land
- Front boulder on trampoline

Bars

- 2 glides
- pull over
- cast back hip circle
- leg cut over bar
- front mill circle
- leg cut back over bar
- front hip circle (with spot)
- straddle sole circle dismount
- Squat on, on red bar raised

Beam

- mount, swing leg over and squat on
- two kicks forward (straight legs, kick at horizontal without bending bottom leg)
- Arabesque (hold 3 gymnastics)
- Scale (hold 2 gymnastics)
- Forward roll (high beam)
- Lever, touch hands on the beam with straight legs-> back to lunge
- handstand (legs close at vertical)
- pivot turn
- straight jump
- Split jump (straight legs, 90 degrees)
- Cartwheel (medium beam)
- Side handstand dismount (land on same side)

Floor

- Two forward rolls connected without hands for stand up
- Cartwheel, cartwheel(straight legs, land and finish)
- Run to hurdle round off
- Back handspring down wedge mat
- Backward to push up shape, squat jump in to stand up
- Back walkover

- chase, split leap
- straight jump, straddle jump
- handstand forward roll
- handstand bridge stand up (front limber)

Adv Gymnastar- Rainbow

Vault

- Handstand flat back (showing block) on resi mat
- Power hurdle drill off spring board to straddle jump land
- Front boulder on trampoline, up to two 8 inch

Bars

- Glide kip with spot
- cast back hip circle
- leg cut over bar
- front mill circle
- leg cut back over bar
- front hip circle (without spot)
- pike sole circle dismount
- Squat on, red bar

Beam

- mount, swing leg over and squat on
- Arabesque (hold 3 gymnastics)
- Scale (hold 2 gymnastics)
- Forward roll (high beam)
- Lever, touch hands on the beam with straight legs-> back to lunge
- handstand (legs close at vertical)
- pivot turn
- straight jump
- Split jump (straight legs, 90 degrees)
- Cartwheel (high beam)
- Side handstand dismount (land on opposite side of beam)

Floor

- Straight jump, straddle jump
- handstand forward roll
- handstand bridge, kick over, finish
- chase split leap -> leg up jump
- full turn
- back walkover
- Two forward rolls connected without hands for stand up
- Cartwheel, cartwheel(straight legs, land and finish)
- Run, hurdle, round off back handspring (with spot)

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