



## Inland Empire Gymnastics Academy | Beginning Girls 1 Skill Sequence

### **VAULT**

Smash & Swing (Hurdle Drill)  
Straight Jump  
Tuck Jump  
Straddle Jump  
Run, Straight Jump  
Stick & Finish

### **UNEVEN BARS**

3 Push-Ups (on floor bar)  
Pull-Over (with a spot)  
3 Casts  
Forward Roll  
Straddle Hang  
Stick & Finish

### **BALANCE BEAM**

Front Support, Swing Leg Over  
Tuck Sit, Candlestick, Stand Up  
5 Straight Leg Kicks, Pivot Turn  
5 Steps Forward  
5 Steps Backward  
Arabesque  
Straight Jump  
Straight Jump Dismount  
Stick & Finish

### **FLOOR EXERCISE**

Forward Roll, Jump 1/2 Turn  
Backward Roll  
Candlestick, Lay Down  
Bridge, Balance on 1 Foot  
Candlestick Roll Up  
Handstand  
Cartwheel Close  
Stick & Finish