



Inland Empire Gymnastics Academy | Power Kid Girls Skill Sequence

VAULT

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

UNEVEN BARS

Front Support
Forward Roll
Straddle Hang
3 Casts Push Away
Stick & Finish

BALANCE BEAM

Front Support, Swing Leg Over
Tuck Sit, Candlestick, Stand Up
Releve Balance (5 seconds)
5 Steps Forward
5 Steps Backward
Straight Jump
Straight Jump Dismount
Stick & Finish

FLOOR EXERCISE

Forward Roll
Open Handstand
Cartwheel to Lunge
(Feet together) Backward Roll
Lay down, Bridge (3 seconds)
Candlestick Roll Up
Stick & Finish