



Inland Empire Gymnastics Academy | Beginning Boys 2 Skill Sequence

VAULT

Run, Tuck Jump
Run, Straddle Jump
Run, Dive Roll
Stick & Finish

BARS

Pull Over, Cast, Back-Hip Circle
Forward Roll Dismount
Travel 1/2 Turn, 3 Swings
Stick & Finish

BOYS EVENTS

Routine (Rings)
Circle (Mushroom)
Swings to Flank Dismount
Stick & Finish (Parallel Bars)

FLOOR EXERCISE

Handstand to Lunge
Handstand Forward Roll
Jump Straddle Up
Cartwheel
Backward Roll
Stick & Finish