



Inland Empire Gymnastics Academy | Beginning Girls 2 Skill Sequence

VAULT

Hurdle, Straight Jump (Stick & Finish)
Hurdle, Dive Roll (Stick & Finish)
Run, Dive Roll (Stick & Finish)

UNEVEN BARS

Pull-Over
Back-Hip Circle (with a spot)
3 Casts, Push Away
Jump to Straddle, Shoot Off
Stick & Finish

BALANCE BEAM

Mount to Squat
Elephant Kick Stand Up
5 Releve Steps Forward
5 Releve Steps Backward
Pivot Turn
Straight Jump, Straight Jump
Pivot Turn
Cartwheel Dismount
Stick & Finish

FLOOR EXERCISE

Handstand Forward Roll
Round-Off
Back-Bend
Kick Over
Handstand Hold
Hurdle Cartwheel
Stick & Finish