BEGINNING GIRLS 2

Vault

Hurdle, Under-Arm Swing (up to 24")
Run, Hurdle, Under-Arm Swing (up to 24")
Baby Dive Roll (with leg extension)
Hurdle, Dive Roll (up to 24")
Run, Hurdle, Dive Roll (up to 24")

Uneven Bars

Pull Over
Back Hip Circle (no cast, with coach)
5 Casts
Jump to Straddle Hang
Straddle Fall
Straddle Shoot (from push)
Candlestick Hold (with coach)

Balance Beam

Walking Drills in Releve
Pivot Turns (done in walking drills)
Straight Jump (in place)
Forward Roll (with beam pad)
Cartwheel (off a low beam)
Cartwheel (on a floor beam)
Elephant Handstand

Floor Exercise

Handstand
Handstand Forward Roll
Baby Dive Roll (with leg extension)
Hurdle, Cartwheel
Round-Off (off a mat)
Back-Bend (with an 8" mat)
Kick-Over

Inland Empire Gymnastics Academy