



Inland Empire Gymnastics Academy | Intermediate Boys Skill Sequence

VAULT

Straight Jump (up to pit)
Dive Roll (up to pit)
Handstand Fall Flat (up to pit)
Front Tuck (up to pit)

BARS

Pull Over, Cast, Back-Hip Circle
Forward Roll Dismount
5 Tap Swings (between boxes)
3 Swings 1/2 Turn, 3 Swings, Land

BOYS EVENTS

Routine (Rings)
Bucket Circle (Mushroom)
Jump to Tap Swing, Back Up Rise to
Armpit Swing to Straddle Up (P.Bars)
3-5 Swings to Flank Dismount (P.Bars)

FLOOR EXERCISE

Handstand Roll
Hurdle Cartwheel or Round-Off
Front-Tuck (onto 8" mat)
Back-Handspring (with boulder)