



## Inland Empire Gymnastics Academy | Beginning Boys 2 Skill Sequence

### **VAULT**

Run, Tuck Jump  
Run, Straddle Jump  
Run, Dive Roll

### **BARS**

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

### **BOYS EVENTS**

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

### **FLOOR EXERCISE**

Handstand  
Cartwheel to Lunge  
Straddle Up Headstand  
Backward Roll