



Inland Empire Gymnastics Academy | Power Kid Girls Skill Sequence

VAULT

Smash & Swing (Hurdle Drill)
Tuck Jump (on floor)
Straddle Jump (on floor)
Run, Straight Jump

UNEVEN BARS

Front Support
Forward Roll
Straddle Hang
3 Casts Push Away

BALANCE BEAM

Mount
Releve Balance (3 seconds)
3 Steps Forward
3 Steps Backward
Straight Jump
Straight Jump Dismount

FLOOR EXERCISE

Forward Roll
Open Handstand
Backward Roll
Bridge