



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

### **VAULT**

Hurdle, Straight Jump  
Hurdle, Dive Roll  
Run, Dive Roll

### **UNEVEN BARS**

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

### **BALANCE BEAM**

Mount  
3 Releve Steps Backward  
3 Releve Steps Forward  
Straight Jump, Straight Jump  
Forward Roll (with a spot if needed)  
Straddle Jump Dismount

### **FLOOR EXERCISE**

Handstand Hold  
Baby Dive Roll  
Back-Bend, Kick Over (with a spot if needed)  
Hurdle Cartwheel