

# BEGINNING BOYS 2

## Floor Exercise

Handstand Hold (3 seconds)  
Handstand Forward Roll  
Straddle Up Handstand from Jump  
Straddle Up Headstand  
Cartwheel  
Cartwheel Step-In  
Straight Arm Backward Roll to Push-Up

## Vault

Hurdle, Straight Jump (to 3 8" mats)  
Run, Hurdle, Straight Jump (to 3 8" mats)  
Hurdle, Dive Roll (to 3 8" mats)  
Run, Hurdle, Dive Roll (to 3 8" mats)  
  
Principles of a Front Tuck:  
Tuck Shape, Knees Apart,  
Head Down, Pull Down on Knees.

## Pommel Horse

1 Circle on Mushroom  
1/2 Circle on Floor Mushroom  
5 Bucket Circles

## Parallel Bars

Walk Across Forward & Backward  
5 Tap Swings  
Straddle or Pike L Hold (10 seconds)  
5 Swings to Straddle Stand  
Kick to HS on Parallettes (on wall, 5 seconds)

## Still Rings

L Hang  
5 Swings to Candle  
Inverted Pike, Banana Peel Hang, Drop  
3 Chin-Ups  
5 Swings to Flyaway

## High Bar

Under-Swing to Hollow (low bar)  
Cast, Back-Hip Circle  
Cast, Back-Hip Circle, Under-Swing  
Pull-Over from hang  
5 Swings to 1/2 Turn  
5 Swings to Drop

