



Inland Empire Gymnastics Academy | Power Kid Boys Skill Sequence

VAULT

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

BARS

Front Support
3 Casts
Forward Roll
Travel w/ 2.5 Turns

BOYS EVENTS

Flip Arounds (Rings)
Candlestick (Rings)
1/4 Walks (Mushroom)
Support, Tuck, Swing to Straddle,
Swing to Straddle Stand, Close (P.Bars)

FLOOR EXERCISE

Forward Roll
Headstand (against the wall)
Backward Roll
Cartwheel Concept