

Beg Boys Gymnastics	Int. Boys Gymnastics	Adv Boys Gymnastics
<b>Floor</b>	<b>Floor</b>	<b>Floor</b>
1. Forward roll tuck/straddle/pike	1. Lunge, Handstand, Lunge	1. Straight arm back extension roll
2. 3 Second Handstand	2. 1 arm cartwheel	2. Straddle/pike press handstand
3. Cartwheel	3. Run Hurdle Cartwheel	3. Fronthandspring
4. Tripod/headstand	4. Headstand roll	4. Backbend kickover
5. Backward roll	5. Straddle jump handstand	5. Round off backhandspring
6. Round Off	6. Round Off	6. Punch front tuck
7. Back Bend (30 seconds)	7. Backhandspring	7. ½ turn pivot handstand
<b>Pommel Horse</b>	<b>Pommel Horse</b>	<b>Pommel Horse</b>
1. Front support swings 5 x's	1. Around the world	1. Jump front support to leg cuts
2. Back support swings 5 x's	2. Let cut sequence	2. Straddle swings with matching leg/arm
3. Tuck through 3 x's	3. Single leg travel down & up	3. Straddle around the world
<b>Rings</b>	<b>Rings</b>	<b>Rings</b>
1. Tuck or L hang	1. Straight body spt	1. Pull up – chin hold
2. Swings (below horizontal)	2. Swings (above horizontal)	2. Handstand
3. Chin-up and hold 5 sec.	3. Swing to inverted hang	3. Straight body fly away
4. Inverted hang	4. Swing to fly away	4. Swing to inverted/ inlocate/fall back
5. German hang	5. Piked inverted to German hang	5. Straight body straddle hold
<b>Vault</b>	<b>Vault</b>	<b>Vault</b>
1. 40 ft. run w/speed & power	1. 60 ft. run w/speed & power	1. Run with proper arm circle to stacked mats
2. Straight jump and stick off vault	2. Run punch handstand on raised surface	2. P.block front handspring
3. Run and punch to tuck/straddle	3. Run and punch to tuck/straddle/ straight/ twist	3. Front tuck up to raised surface
4. Run and punch to stand on vault	4. Run and punch to stand on vault	4. Handstand blocks
<b>Parallel Bars</b>	<b>Parallel Bars</b>	<b>Parallel Bars</b>
1. Long hang climbs	1. Upper arm swings	1. Jump glide / glide kip
2. Straddle travels	2. Straddle above bar/ forward roll	2. Jump front support
3. Straight arm support	3. Straight arm support	3. 3 swings to seated straddle
4. Support swings	4. Support swings	4. Swing to handstand pivot
5. Support walks	5. Upper arm swings to support	5. Swing forward dismount
6. Tuck/ L hold in support	6. Swings to rear dismount	6. Swings above horizontal
	<b>High Bar</b>	<b>High Bar</b>
	1. Front Support	1. Dead hang pull over
	2. Arch hollows	2. Back hip circle
	3. Top swings/ swing dismount / swing ½ swing	3. ¾ handstand
	4. Pull over headheight	4. Tap swings with release & re grip