

Girls Gymnastics Skills

These skills are used as a starting point for leveling our classes.

They are subject to change if needed.

Girls Gymnastics: Beginner

FLOOR	BARS	BEAM	VAULT
Front Roll	Cast to 45°	Walk on Toes "Releve"	Springboard Jump
Back Roll	Chin Hold (5 seconds)	Stretch Jump	Stretch Jump to Mat
Handstand	Pull Over from Mat	Lever to T	Run, Jump, Roll on Big Mat
Cartwheel	Straddle Dismount from Mat	Front Roll	Handstand Flat Back
Bridge		Cartwheel Dismount	

Girls Gymnastics: Intermediate

FLOOR	BARS	BEAM	VAULT
Handstand Roll	Pullover, Cast	Lever to Beam	Run, Jump, Handstand Flat Back on 2 8inch Mats
Front Limber	Back Hip Circle or Double	Tuck Jump	Run, Jump, Handstand Flat Back on Whale Mat
Round-off Rebound	Cast, Straddle Dismount	Turn "Pivot Turn"	Stretch Jump to Vault Table
Front Handsprings With Spot	Low Mat Squat On	Round-off Dismount	
Bridge Kickover / Back Walkover	Practice Connections		
Back Handspring With Spot			

Girls Gymnastics: Advanced

FLOOR	BARS	BEAM	VAULT
Back Handspring	Front Hip Circle	Handstand	Run, Jump, Handstand Flat Back on Vault Table
Front Handspring	Back Hip Circle, Undershoot	Cartwheel	Run, Jump, Front Handspring Over Half Vault Mats
Round-off Back Handspring	Cast to 90°	Leap	
Front Tuck	Glide w/out Barrell	Split Jump	
Back Tuck	Squat On	Bridge/Back Walkover	
Skill Connections		Cartwheel Turn Dismount	
