

Boys Gymnastics Skills

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

They are subject to change if needed.

Boys Gymnastics: Beginner

FLOOR

Front Roll

Back Roll

Handstand

Cartwheel

Bridge

BARS

Cast to 45°

Chin Hold on Rings and Bars
(5seconds)

Pullover from Mat

Straddle Dismount from
Mat

VAULT

Springboard Jump

Stretch Jump to Mat

Run, Jump, Roll on Big Mat

Handstand Flat Back

Boys Gymnastics: Intermediate

FLOOR	BARS	VAULT
Handstand Roll	Pull over, Cast	Run, Jump, Handstand Flat Back on 2 8inch Mats
Front Limber	Back Hip Circle w/spot	Run, Jump, Handstand Flat Back on Whale Mat
Round-off Rebound	Upside Down Hand on Rings	Stretch Jump to Vault Table
Front Handsprings With Spot	Tap Swings on Rings	
Bridge Kickover / Back Walkover	Cast, Straddle Dismount	
Back Handspring With Spot		

Boys Gymnastics: Advanced

FLOOR

Back Handspring

Front Handspring

Round-off Back Handspring

Front Tuck

Back Tuck

Skill Connections

BARS/RINGS

Front Support on Rings

Cross Hang

Back Hip Circle

Front Hip Circle w/or without spot

Back Hip Circle, Undershoot

Cast 90°

VAULT

Run, Jump, Front Handspring over
Half Vault Mats

Run, Jump Handstand Flat Back on
Vault Table
