

Intermediate 1 and Teens

Train the following skills:

Floor

Handstand
Cartwheel
Walkovers
Handstand to bridge
Backward roll to feet
Handstand forward roll
Bridge kickover down cheese
Roundoff: step hurdle, running

Bars

Glide swing
Pullover
Back hip circle
Cast to horizontal
Tap swings w/ re-grip
Leg cut, mill circle w/spot

Beam

Releve holds for ten seconds
Pivot turns
Straight, tuck and split jumps
Teeter totters with proper form
Cartwheel handstand dismounts and round-off off without spot
Full and I handstands on low beam with spot
Cartwheels alone on a line and with spot on a low beam

Vault

Squat on, straddle on, and pike on
Handstand on and Handstand off
Handstand flat back over the vault table onto the mat stack