

Beginner

RECREATIONAL GYMNASTICS

• VAULT

- Basic running skills using the runway
- 2-3 steps to jump on the board
- Stretch jump onto a raised mat (with the springboard)
- 3 steps or 15ft run to 2 feet jump onto mat

• BEAM

- Front support hold
- Walks forward, side and back on low beam then graduate
- Lever – T position holding without touching the beam
- Pivot turn in one direction, hands on hips
- Releve' holds, hands on hips
- Stretch jump, arms overhead straight
- Forward roll, with a red pad and spot if needed

• BARS

- Tuck holds
- Modified pullover
- Hold good front support for 20 seconds
- Walks down the bar

• FLOOR

- Handstand going up a wall / modified
- Candlestick (use hands at base of back)
- Donkey kicks on the mat with feet together
- Pivot turns both directions
- Stretch jumps (with a half turn if able)
- Forward roll
- Backward roll
- Cartwheel on a mat / sideways

• CONDITIONING

- Chin holds 10-15 seconds
- 1 modified rope climb
- Tuck-ups 2x5

MARJCC Gymnastics

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Advanced Beginner

RECREATIONAL GYMNASTICS

• VAULT

- Basic running skills using the runway
- 2-3 steps to jump on the board
- Stretch jump onto a raised mat (with the springboard)
- 3 steps or 15ft run to 2 feet jump onto mat
- Handstand fall to flat back

• FLOOR

- Handstand going up a wall / modified
- Candlestick (use hands at base of back)
- Pivot turns both directions
- Stretch jumps, also with half turn
- Forward and backward roll
- Bridge on floor and off a mat with good shoulder flexibility
- Cartwheel on a mat (longways or sideways)

• BARS

- Tuck holds
- Modified pullover
- Cast
- Walks down the bar

• BEAM

- Front support hold 15 seconds with toes pointed and arms straight
- Walks forward, side and back on low beam then graduate
- Lever – T position touching the beam and back up
- Pivot turn in one direction
- Releve' holds, arms overhead
- Stretch jump, arms down and up, and hold
- Forward roll (with or without help and red mat if needed)

• CONDITIONING

- 3x20 sec chin holds and 2x5 tuck-ups
- 2-3 modified rope climb

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Intermediate

RECREATIONAL GYMNASTICS

• VAULT

- Run and hurdle approach to airboard
- Stretch jump onto a raised mat from the airboard
- Lunge handstand flat back hollow position

• BEAM

- Front support (hold 15 sec) mount to releve' stand
- Pivot turns (both directions), arms on hips
- Lever or modified cross handstand, legs split
- Forward / backward rolls with or without pad
- Stretch jump, arms down and up, hold on jump
- Stretch / tuck jump dismount

• BARS

- Pullover
- Cast / cast
- Back hip circle with spot
- Straddle / squat tuck-on dismount
- Glides from hollow body stand and return to same position
- Modified squat on floor bar or lowest bar on quad set

• FLOOR

- Hollow handstand (on or off a mat)
- Candlestick with or without hands for base support
- Half turn and pivots
- Split jump 60 degree
- Cartwheel on or off the mat (longways)
- Forward roll
- Backward roll
- Bridge kickover on or off the mat
- Handstand fall to bridge hold
- Round-offs off mat

• CONDITIONING

- 2 pull-ups
- 2x7 pike-ups
- 2 rope climb / halfway

Advanced

RECREATIONAL GYMNASTICS

• VAULT

- Run and hurdle approach to air board
- Stretch jump onto a raised mat from the air board
- Lunge handstand flat back hollow position
- Modified handspring vault / run, approach to handstand flatback

• BEAM

- Front support (hold 15 sec) mount
- Pivot turns (both directions), arms overhead
- Lever or modified cross handstand to 45 degrees
- Forward / backward rolls
- Stretch jump, arms down and up, hold on jump
- Stretch / tuck jump dismount
- Cartwheel (3/4) handstand dismount

• BARS

- Pullover
- Cast / straight body legs together
- Back hip circle
- Straddle / squat tuck-on dismount
- Glides
- Modified squat on

• FLOOR

- Hollow handstand (on or off a mat)
- Candlestick
- Half turn and pivots
- Split jump 90 degree
- Cartwheel
- Forward roll
- Backward roll
- Bridge kickover or back walkover
- Handstand fall to bridge hold
- Round-offs on or off mat

• CONDITIONING

- 3 pull-ups
- 2x10 pike-ups
- 2 rope climb halfway