

## Boys Skills Progressions

# Red – Level 1

### 1. Floor

- A. Candlestick roll up to sitting position
- B. Candlestick roll up to feet
- C. Log rolls both ways
- D. 45 degree handstand against wall

### 2. Pommels

- A. 10 sec. support (front and back)
- B. Straddle, hold 10 seconds
- C. 10 shrugs front and back

### 3. Rings

- A. Five second tucked hang
- B. Skin the cat and back on low rings
- C. Three second inverted piked hang

### 4. Vault

- A. run in place
- B. run in Straight line
- C. standing straight jump off springboard

### 5. Parallel Bars

- A. Five second tuck support
- B. Five shrugs
- C. front and rear supports

### 6. Horizontal Bar

- A. Five casts
- B. Five elevated pull-ups
- C. Inverted straddle hold

### 7. Trampoline

- A. Five straight jumps, stop drill
- B. Straddle jump
- C. Tuck jump

### 8. Tumble Tramp

- A. Straddle jump
- B. Straight jump
- C. Tuck jump

## Boys Skills Progressions

# White – Level 2

### 1. Floor

- A. Forward roll on floor
- B. Front straddle roll on wedge
- C. Back straddle roll on wedge
- D. handstand against the wall

### 2. Pommels

- A. Ten second left leg stride support hold
- B. Ten second right leg stride support hold
- C. Three basic swings

### 3. Rings

- A. Five swings with straight legs
- B. Skin the cat on high rings
- C. Three second inverted pike hang

### 4. Vault

- A. Run with good form
- B. jump off box and stick
- C. Skipping with arm circle

### 5. Parallel Bars

- A. 10 second tuck support
- B. 10 shrugs
- C. Straddle walks

### 6. Horizontal Bar

- A. chin hang 3 sec. hold
- B. Three second inverted hang, hold
- C. Three straddle leg lifts

### 7. Trampoline

- A. Half turn
- B. Pike jump
- C. Seat drop

### 8. Tumble Tramp

- A. Half-turn jump
- B. Straddle jump onto 16 inch mat
- C. Tuck jump onto 16 inch mat

## Boys Skills Progressions

# Blue – Level 3

### 1. Floor

- A. Back tucked roll on wedge mat
- B. Back piked roll on wedge mat
- C. Back straddle roll on floor
- D. Straight wall handstand, roll down (spotted)

### 2. Pommels

- A. Left leg cut forward
- B. Right leg cut forward
- C. 3 squat throughs

### 3. Rings

- A. Three swings to inverted hang
- B. Bent arm hang for 3 seconds
- C. German hang dismount

### 4. Vault

- A. Straddle jump
- B. Straight jump
- C. Tuck jump

### 5. Parallel Bars

- A. 5 baby dips
- B. Hand pick-ups – leaning side to side
- C. 5 swings spotted

### 6. Horizontal Bar

- A. wall Pull-over
- B. Slow roll down, toes to bar (Spotted)
- C. Pull-over on low bar

### 7. Trampoline

- A. Seat drop, doggie drop (hand and knees)
- B. Seat drop, half-turn to feet
- C. Seat to hand and knee to seat

### 8. Tumble Tramp

- A. continuous tuck jumps
- B. Stand with hands on 8 - 20 inch mat, three bounces then forward roll (spotted)

## Boys Skills Progressions

# Bronze – Level 4

### 1. Floor

- A. Kick handstand, step down, left leg
- B. Kick handstand, step down, right leg
- C. Three second arabesque
- D. back tucked roll

### 2. Pommels

- A. Mushroom 10 sweepers
- B. Mushroom 1st position
- C. Ten basic swings

### 3. Rings

- A. "L" hang for three seconds
- B. Pull-up hold for three seconds
- C. Level 3 routine

### 4. Vault

- A. Straddle jump onto 16 inch mat
- B. Straight jump onto 16 inch mat
- C. Tuck jump onto 16 inch mat

### 5. Parallel Bars

- A. 5 sec. upper arm hold
- B. Two second "L" hold
- C. L-5 swings dismount between bars

### 6. Horizontal Bar

- A. Cast to inverted hang (spotted)
- B. Back hip circle
- C. Under bar shoot

### 7. Trampoline

- A. Tuck, straddle, seat, half turn, straight, stick
- B. Seat, doggie, front drop
- C. Front drop on resi

### 8. Tumble Tramp

- A. Bounce to forward roll on 8 - 20 inch mat
- B. Pike jump

## Boys Skills Progressions

# Silver – Level 5

### 1. Floor

- A. Side cartwheel
- B. Handstand roll down
- C. Front cartwheel
- D. front straddle roll

### 2. Pommels

- A. Leg cut left, forward and back
- B. Leg cut right, forward and back
- C. Mushroom 2nd position

### 3. Rings

- A. German hang pull out in under grip
- B. 3 pull ups
- C. 5 swings to pike hang

### 4. Vault

- A. kick to handstand flat back on 8 incher
- B. forward tuck roll on resi
- C. Handstand flat back on resi

### 5. Parallel Bars

- A. Horizontal swings
- B. Three dips
- C. Tucked planch

### 6. Horizontal Bar

- A. Pull over
- B. 3 tap swings
- C. 3 pull ups

### 7. Trampoline

- A. Swivel hips
- B. Back drop on resi
- C. full turn

### 8. Flexibility

- A. Mat bridge
- B. Pancake
- C. Pike stretch
- D. Shoulder stretch

## Boys Skills Progressions

# Gold – Level 6

### 1. Floor

- A. Front cartwheel step-in
- B. standing round off
- C. Tripod.
- D. Level 3 routine

### 2. Pommels

- A. Travel down
- B. Mushroom 3rd position
- C. Level 3 routine

### 3. Rings

- A. Level 4 routine
- B. 3 swings flyaway
- C. 3 German hang pull outs

### 4. Vault

- A. Front tuck on to resi with arm circle

### 5. Parallel Bars

- A. 45 degree backswing
- B. Handstand rolldown (spotted)
- C. 5 flaps

### 6. Horizontal Bar

- A. Five pull-ups
- B. Horizontal swings
- C. 3 hop swings

### 7. Trampoline

- A. Back drop
- B. Front drop
- C. seat, doggie, front flip to back

### 8. Tumble Tramp

- A. Front flip

### 9. Flexibility

- A. Left leg splits
- B. Middle splits
- C. Right leg splits
- D. stall bar stretch