

# LEVEL 1

## SYLLABUS



### FLOOR SKILLS

FORWARDS ROLL  
BACKWARDS ROLL DOWN INCLINE  
CARTWHEEL OVER BLOCK  
BUNNY HOP  
INCLINE HANDSTAND  
BRIDGE  
FRONT SUPPORT  
BACK SUPPORT  
DISH  
ARCH  
SHOULDER STAND WITH ARM  
SUPPORT  
ARABESQUE  
V-SIT WITH HANDS  
STRAIGHT JUMP  
TUCK JUMP  
STAR JUMP  
CHASE

### VAULT SKILLS

RUN  
HURDLE STEP  
STRAIGHT JUMP WITH BOARD  
LANDING SHAPE

### BAR SKILLS

STRAIGHT HANG  
TUCK HANG  
STRADDLE HANG  
FRONT SUPPORT HOLD  
CHIN UP HOLD

### OTHER SKILLS

RUN ON SPOT 30S  
THROW AND CATCH SMALL OBJECT  
PARTNER FORWARDS BALANCE  
PARTNER SIDEWAYS BALANCE  
PARTNER BACKWARDS BALANCE

### BEAM SKILLS

WALK ALONG BEAM - FORWARDS  
WALK ALONG BEAM - SIDEWAYS  
WALK ALONG BEAM - BACKWARDS  
STRAIGHT JUMP DISMOUNT

# LEVEL 2

## SYLLABUS



### FLOOR SKILLS

FORWARDS ROLL TO STRADDLE  
STAND  
BACKWARDS ROLL TO FRONT  
SUPPORT  
BACKWARDS ROLL DOWN INCLINE -  
STRAIGHT ARMS  
CARTWHEEL  
FRONT SUPPORT TO BACK SUPPORT  
DISH TO ARCH  
BRIDGE KICKOVER  
KICK TO HANDSTAND  
PIKE FOLD  
FRONT SPLITS  
PRESS UP  
CATLEAP  
SCISSOR KICK  
HALF TURN JUMP

### VAULT SKILLS

STRAIGHT JUMP ONTO 60CM BLOCK  
SQUAT ON  
STRADDLE ON

### BAR SKILLS

LEG LIFT  
CIRCLE UP  
MONKEY BARS  
OPEN TUCK DISH HOLD  
OPEN TUCK ARCH HOLD

### OTHER SKILLS

SHUTTLE RUN (3 DISTANCES)  
BALANCE OBJECT ON HEAD  
ASSISTED STRAIGHT JUMP  
ASSISTED TUCK JUMP  
PARTNER BALANCE - BUNK BED  
PARTNER BALANCE - V - SIT  
PARTNER BALANCE - STAND ON  
THIGHS

### BEAM SKILLS

TIGHT WALKING  
SIDEWAYS WALKING  
KICKS  
FRONT SUPPORT MOUNT  
STRAIGHT JUMP LOW BEAM  
TUCK JUMP LOW BEAM

# LEVEL 3

## SYLLABUS



### FLOOR SKILLS

FORWARDS ROLL TO PIKE STAND  
BACKWARDS ROLL TO FRONT  
SUPPORT - STRAIGHT ARMS  
BACKWARDS WALKOVER  
FORWARDS WALKOVER  
HANDSTAND HOLD  
JAPANA  
HANDSTAND FORWARDS ROLL  
V - SIT WITHOUT HAND SUPPORT  
HALF PIKE LEVER  
HALF STRADDLE LEVER  
HURDLE STEP FOR ROUNDOFF  
CATLEAP HALF  
HALF SPIN  
TUCK JUMP HALF  
W JUMP  
SPLIT LEAP/JUMP TO 135  
Y BALANCE

### VAULT SKILLS

SQUAT THROUGH  
STRADDLE OVER  
STRAIGHT JUMP ONTO 60CM BLOCK,  
HANDSTAND BLOCK TO BACK

### BAR SKILLS

DISH HOLD  
ARCH HOLD  
CAST TO 45  
CANDLE STICK HOLD  
SQUAT ON FLOOR BAR

### BEAM SKILLS

STRAIGHT JUMP ON BEAM  
TUCK JUMP ON BEAM  
SPIN PREP ON BEAM  
HANDSTAND LOW BEAM  
ARABESQUE HOLD  
RELEVE HALF TURN

### OTHER SKILLS

FORWARDS ROLL OVER OBJECT  
CARTWHEEL OVER OBJECT  
STAND ON ONE KNEE WITH BASE ON  
THEIR KNEES  
JUMP TO CRADLE

# LEVEL 4

## SYLLABUS



### FLOOR SKILLS

BACKWARDS ROLL TO PIKE STAND  
ROUND OFF FROM HURDLE  
FLICK WITH ASSISTANCE  
ARIEL OFF HEIGHT  
HANDSPRING  
DIVE FORWARDS ROLL  
ONE HANDED WALKOVER  
HANDSTAND HALF PIROUETTE  
SHOULDER STAND WITHOUT ARM  
SUPPORT  
PIKE LEVER  
STRADDLE LEVER  
FULL SPIN  
FULL TURN JUMP  
TUCK SHUSHUNOVA  
SPLIT LEAP/JUMP  
STAG LEAP  
WOLF SPIN HALF

### VAULT SKILLS

FLATBACK 90CM  
HANDSTAND HOP

### BAR SKILLS

FISH SWINGS  
CAST TO 90  
BACKHIP CIRCLE  
SQUAT ON  
STRADDLE UNDERSHOOT

### BEAM SKILLS

SQUAT THROUGH OR JAPANA MOUNT  
HANDSTAND  
CARTWHEEL  
SPLIT JUMP 135 ON LOW BEAM  
HALF SPIN  
2 CONNECTED UNCODED JUMPS  
WALKOVER ON LOW BEAM  
ROUND OFF DISMOUNT

### OTHER SKILLS

BABY BALANCE  
STADDLE LEVER WITH BASE ON THEIR  
BACK  
FRONT ANGEL ON FEET