

LEVEL 5

SYLLABUS



FLOOR SKILLS

BACKWARDS ROLL TO HANDSTAND
FLICK
ARIEL
HANDSPRING TO ONE
VALDEZ
ASSISTED TUCK BACK
FRONT SOMERSAULT WITH SPRING
BOARD
FREE FORWARDS WALKOVER
ROUND OFF FLICK
STRADDLE STAND TO HANDSTAND
HEADSTAND TO HANDSTAND (BENT
LEGS)
HANDSTAND FULL PIROUETTE
FULL TURN CATLEAP
TUCK FULL TURN JUMP

VAULT SKILLS

FLATBACK ON 120CM
HALF ON TO TUMMY
HALF ON TO FEET

BAR SKILLS

GLIDE
3 SWINGS
LOW BAR TO HIGH BAR
SOLE CIRCLE
CAST TO 45 OF HANDSTAND

BEAM SKILLS

FORWARDS ROLL MOUNT
WALKOVER
SPLIT JUMP 135
WOLF JUMP
2 CONNECTED A JUMPS
FULL SPIN
HANDSPRING DISMOUNT
FRONT SUMI PREP DISMOUNT

OTHER SKILLS

BACK ANGEL ON FEET
HANDSTAND ON THIGH WITH BASE
ON KNEES
STAND ON SHOULDERS, BASE ON
FEET
CRADLE THROW WITH HALF TURN
SPLITS ON SHOULDERS WITH BASES
ON FEET

LEVEL 6

SYLLABUS



FLOOR SKILLS

TUCK BACK
STRAIGHT BACK
HANDSPRING TO ONE, HANDSPRING TO TWO
FRONT SOMERSAULT WHIP
FRONT SUMI STEP OUT WITH SPRING BOARD
FLICK TO FRONT SUPPORT
ALL THREE SPLITS
DOUBLE SPIN
LEG UP SPIN
SPLIT CHANGE
STRAIGHT JUMP 3/2
W JUMP HALF
STRADDLE SHUSHONOV

VAULT SKILLS

HANDSPRING VAULT
HALF ON VAULT
3/4 TO BACK

BEAM SKILLS

HANDSTAND MOUNT
SPLIT JUMP
SISSONE
TUCK JUMP HALF
WOLF HALF SPIN
FRONT SUMI DISMOUNT
FLICK LOW BEAM
MIXED SERIES

BAR SKILLS

UPSTART
LONG CIRCLE UP
FORWARDS CIRCLE
CAST TO HANDSTAND
LONG UPSTART

LEVEL 7

SYLLABUS



FLOOR SKILLS

ARABIAN SOMERSAULT
1/2 BACKWARDS TWIST
FRONT SUMI ROUND OFF FLICK
PUNCH
STRAIGHT FRONT WITH
SPRINGBOARD
BAKWARDS ROLL 1/2 PIROUETTE
HEADSTAND TO HANDSTAND
(STRAIGHT LEGS)
TUCKED TOP PLANCHE
STRADDLE LEVER TO HANDSTAND
HANDSTAND 3/2 PIROUETTE
JOHNSON
STRADDLE SHUSHONOV A WITH HALF
TURN
RING JUMP
WOLF FULL SPIN
SPLIT JUMP HALF

VAULT SKILLS

HALF HALF VAULT
TSUCK PREP
YURCHENKO PREP

BEAM SKILLS

STRADDLE LEVER TO HANDSTAND
MOUNT
FULL TURN JUMP
SPLIT CHANGE LOW BEAM
W JUMP HALF
FLICK
ARIEL LOW BEAM
ROUND OFF LOW BEAM
TUCK BACK DISMOUNT
CARTWHEEL TUCK BACK DISMOUNT

BAR SKILLS

CLEAR HIP
TOE ON TOWARDS HANDSTAND
FORWARDS SOLE CIRCLE
HANDSTAND PIROUETTE FLOOR BAR
UPSTART CAST TO HANDSTAND

LEVEL 8

SYLLABUS



FLOOR SKILLS

TUCK BACK
STRAIGHT BACK
HANDSPRING TO ONE, HANDSPRING TO TWO
FRONT SOMERSAULT WHIP
FRONT SUMI STEP OUT WITH SPRING BOARD
FLICK TO FRONT SUPPORT
ALL THREE SPLITS
DOUBLE SPIN
LEG UP SPIN
SPLIT CHANGE
STRAIGHT JUMP 3/2
W JUMP HALF
STRADDLE SHUSHONOV

VAULT SKILLS

HANDSPRING VAULT
HALF ON VAULT
3/4 TO BACK

BEAM SKILLS

HANDSTAND MOUNT
SPLIT JUMP
SISSONE
TUCK JUMP HALF
WOLF HALF SPIN
FRONT SUMI DISMOUNT
FLICK LOW BEAM
MIXED SERIES

BAR SKILLS

UPSTART
LONG CIRCLE UP
FORWARDS CIRCLE
CAST TO HANDSTAND
LONG UPSTART