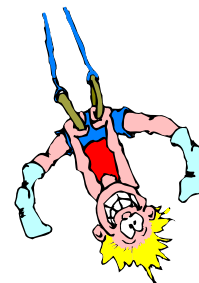




BOYS Blue Stars

Skills



HORIZONTAL BARS

1. Tap swings
2. Glide Swing to Pike basket
3. 3 Casts to 45 degrees
4. Pull over
5. Back hip circle w/ spot
6. Single leg cuts
7. L hold- low bar 15 sec.
8. Stride support hold

PARALLEL BARS

1. Support Swings
2. Long hang Swings
3. Upper Arm Swings
4. Support Walks
5. Back dismount
6. Straddle rolls

TRAMPOLINE

1. Seat Drop $\frac{1}{2}$ turn
2. Donkey kicks to handstand
3. Power Hurdle Round Off
4. Jump full turn

FLOOR

1. Body Positions
 - a. Tuck, Pike, Straddle, Lunge
 - b. Straight, Hollow, Arch
2. Splits (Proper Technique)
3. Headstand
4. Handstand forward roll w/ spot
5. Handstand snap down
6. Bridge back
7. Bridge kick over w/ spot
8. Good / Bad leg cartwheel
9. Power hurdle round-off
10. Bridge walks
11. Y scale hold 5 seconds
12. Dive roll



VAULT

1. High knees
 - a. High Knees
 - b. Booty Kicks
2. Hurdle, arm circle straight jump on spring board
3. Squat-on stand up
4. Arm circle dismount finish
5. Handstand flat back
6. $\frac{3}{4}$ handstand on block
7. Straddle jump dismount
8. $\frac{1}{2}$ turn jump dismount

STILL RINGS

1. Swings
2. Pull to Invert
3. Inverted pike
4. L Hold 10 sec.
5. Straight arm support
6. Flat body hold
7. Skin the Cat

POMMEL HORSE/ MUSHROOM

1. Back and forth walks pommel
2. Single Leg Holds
3. Single Leg Cuts R/L
4. 5 Bucket Circles
5. L Hold 10 sec.

