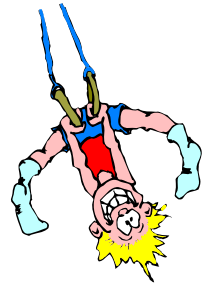




BOYS Bronze Stars

Skills



HORIZONTAL BARS

1. Half Turn Swings
2. Swing half turn dismount
3. Undershoot
4. Swing Half Turn Dismount
5. Kip w/ spot
6. Cast Handstand w/ spot
7. Free hip circle

PARALLEL BARS

1. Support swings to upper arm
2. P bar push ups
3. Swing handstand w/ spot
4. Front dismount
5. Upper arm L hold
6. Glide kip
7. Giant swing

TRAMPOLINE

1. Front tuck onto crash mat
2. Fly spring
3. Back handspring w/ spot

FLOOR

1. Body Positions
 - a. Tuck, Pike, Straddle, Lunge
 - b. Straight, Hollow, Arch, Scale
2. Splits (Proper Technique)
3. Bridge kick over
4. Back walk over
5. Cartwheel, chasse, cartwheel
6. Handstand walks
7. Back extension roll
8. Back handspring over barrel
9. Back handspring down cheese
10. Front handspring
11. Front tuck
12. Press handstand from stand
13. Handstand forward roll
14. Jump 360
15. Front fly spring
16. Round-off rebound half turn fall to push up position



VAULT

1. Running techniques
2. Grapevine
3. Heel drive over the barrel
4. Handstand pops
5. Handstand flat back (Vault)
6. Pike jump dismount

7. Front handspring T.T.
8. 1/2 turn jump dismount
9. Squat on jump 360

STILL RINGS

1. Swings to horizontal F+B
2. Pull up 10 second hold
3. Support hold 5 seconds
4. Straight arm support L hold
5. Back dismount
6. Reverse invert hang
7. Muscle up

POMMEL HORSE/ MUSHROOM

1. Single Handle Swings
2. Circle Travels
3. R/L Leg Cuts to Front Dismount
4. Flairs

