

Gymnastics Australia Coaching Course Gymsport Skill content

Appendix A: Beginner and Intermediate Coach Accreditation Skills Matrix

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven bars / High bar	Beam	Dance skills	Dance, choreography musicality
Handstand Forward and backward rolls Limbers forward and backward Walkover forward and backward Cartwheel Courbette / snapdown	Jumping Body bounces Front and back drop rotation skills Handsprings / fliersprings Back handspring	Landings from height Running Hurdle Jumping and takeoff Repulsion from hands	Cast in support Glide swing Long swing Back hip circle Kip progressions	Handstand - lunge and stepdown Cartwheel to side and lunge Bridges Press development Landings - on and off	½ turn on two feet Piqué passe 1/2 turns Jump, hop, leap progressions Straight jump Springs, assemble	Posture (beam and floor) Basic ballet positions Basic ballet barre complex Basic floor and beam complex Movement to music
Men's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Pommel horse	Rings	Parallel Bars
Cartwheel Forward and backward rolls Bridges Handstand Courbette / snapdown	Basic jumps and landings Body bounces - front and back Front, back, seat, hands and knees drops Combinations on trampoline Drills for front handspring Drills for back handspring	Running Hurdle and take-off from board Handstand flat-back Basic landings	Tension swings Long hang swings Back hip pullover Back hip circle Cast in support	Double leg circles on mushroom Stride swings	Basket Stretched inverted hang/candle Long hang swings	Cross support swings Long hang swings
Tumbling						
Tumbling skills	Preparation	Other				
Handstand Forward and backward rolls Cartwheel / round-off Handsprings / fliersprings Flick flack	Strength and conditioning	Tumbling connections				
Trampoline						
Basic Skills	Combinations	Twisting	Double Mini Trampoline	Synchronised Trampoline	Trampoline Sports Specific Principles	Routine development
Straight jump, checking landing Basic jumps, kick out Basic landings - seat, front, back, hands and knees	Seat to front Back to front Front to seat Front to back	Feet to feet twisting Half twist to landing - front, back, seat Landing half twist to feet - front, back, seat Full twist skills-full twist to back Roller - seat full twist to seat	Run approach Hurdle onto DMT Basic jumps on DMT Components of DMT Pass construction for DMT		Technical aids for trampoline	Routine construction
Gymnastics for All						
Tumbling	Spring - mini-trampoline, trampoline, vault	Swing - bars	Acrobatics	Small equipment	Hand apparatus	Choreography and dance
Handstand Forward / backward roll Cartwheel Limbers/ walkovers Round-off	Landings from height Jumps and shapes Hurdle step to jump take-off Over, around, along, through Tramp drops: hand & knees, seat, front, back Equipment set-ups	Long swing Swing in support Pullover Back hip circle Under swing Glide swings	Front support skills Thigh stands Birdie on feet Box on box	Elastic bands Pool noodles Tunnels Scarves	DMP's for apparatus Throws Rotation Rolls Passing around body Passing under body	Movement to music Moving together Travelling Music mapping Structure of a routine Formations Transitions Performance

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KinderGym						
Gross and fine motor skills	DMPs	Object management skills	Equipment	Teaching methods	Other	
Forward roll Cartwheel Catching Kicking Under arm throwing Dynamic balance	Statics Landing Swing Spring Rotation Locomotion	Propelling Controlling Receiving	Pathways Themes Linking equipment Space Music Modifications and innovation	Direct Free exploration Group time	Class design Circuit design Planning themes Age characteristics	
Aerobic Gymnastics						
	Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography
	Forward roll Backward roll	L Support Straddle	Push-up Tricep Push-up	Splits / Vertical Split / pancake	Straight jump Tuck jump Jumps with 1/2 and full turns Air jack Stride leap Scissor leap	Music and musicality Aerobic content Transitions Links Lifts and interactions Space and formations Artistry
Rhythmic Gymnastics						
General	Rope	Hoop	Ball	Clubs	Ribbon	
Basic ballet and posture, arms and feet positions Basic ballet barre Basic floor progressions Movement to music choreography	Open rope catch Skipping, travelling forward Rotations while balancing on two feet Wraps Vertical Échappé Standing circumduction	Retro roll Roll over shoulder Small vertical toss Passing (skipping) through Frontal rotations Axis spin	Roll ball down arm Small roll along floor Bounces Small throw and catch in one hand Kneeling body circumduction with handling Rebound off knee	Balance on toes with club circles Side body wave with tapping Cat leap with overhead clubs Chasse with alternate lateral swings 180° pivot pass clubs behind back Half tosses	Skipping with snakes overhead Passé balance with spirals Cat leap through large circle Passé pivot with horizontal circles Catching the end of the ribbon Kneeling circumduction with horizontal circles	
JUMPS	BALANCES	PIVOTS	WAVES	FLEXIBILITY		
Waltz, grapevine, step hop Scissor, tuck jump	Balance in passe Front horizontal balance	Low arabesque pivot	Chaine, body waves			
Acrobatic Gymnastics						
Principles of Acrobatics	Individual skills	Pair balance	Trio balance	Pair dynamic	Trio dynamic	Dance, choreography, musicality
Points of support and weight transfer Basic grips and hand and feet positions The role of the base, top, middle and "spotter" Entry, exit and readiness Principles of good posture	Forward and backward rolls Handstand Limbers Cartwheels - side and step in Courbette / snapdown	Bird on feet Supported handstand on feet Standing on shoulders Standing on thighs	Category 1 – Two bases, top stands on lower back of base and middle Category 2 – Front support pyramid (two tops) Category 3 – One base in different positions Category 4 – Middle on shoulders of base Category 5 – Standing on thighs with support (middle on feet of base)	Dynamic – assisted straight jump Dismount – straight jump off back Bird on feet, pop and re-catch Foot pitch straight jump	Dynamic – jump from floor to basket Dismount – double foot pitch straight jump Catch – sit in platform, throw to dish in basket	Basic ballet positions Basic ballet barre complex Demonstrate an understanding of different beats Body movements at different tempos Selection of age appropriate music
Cheerleading						
<a href="#">USASF/IASF Safety Rules</a>						

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Appendix B: Advanced Coach Accreditation Skills Matrix

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Beam	Dance skills	Dance Choreography musicality
Round-off Front salto (tuck,pike,layout)  Back salto (tuck, pike,layout)  Handsprings / flyersprings Backward handspring and round-off back handspring Roundoff flic tuck & layout Whips Back roll to handstand & turning development	Whip & back handspring Handspring / flyerspring to front salto  Back salto (tuck, pike, stretched)  Front salto (tuck, pike, stretched)  Twisting techniques	salto landing from height Advanced hurdle drills  Front salto to 30 and 60 cm matting  Front layout to 30 and 60 cm matting Handspring to back & feet	Cast to handstand Development of turning on bars  Giants - forward and backward  Glide kip cast to horizontal in series Fwd, bwd circle skills - clear, toe, stalder	Back handspring to 2 feet back handspring stepout  Tic tocs, front and back walkovers  Cartwheel tuck dismount Front salto dismounts	1/2 turn in passe (be) 1/1 turn in passe (be)  1/1 passe pivot to close, lunge preparation  split jump, straight jump (fx, be) Jump 1/2 and full turn Sissone and stag leap Split leap, split jump Straddle jump	Intermediate ballet barre Develop, kicks, body contractions  Intermediate Floor and beam complex / centre work , walking kicks, leaps and jumps & turns  Music styles and movement to music. Creation of optional floor and beam routines
Men's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Pommel Horse	Rings	Parallel Bars
Round-off Front salto (tuck,pike,layout) Back salto (tuck, pike,layout) Handspring / flyersprings / headsprings Backward handspring and round-off back handspring Round-off flic tuck & Layout Whips Back roll to handstand & turning development	Whip & back handspring Handspring / flyerspring to front salto Back salto (tuck, pike, stretched) Front salto (tuck, pike, stretched)  Twisting techniques	salto landing from height Advanced hurdle drills Front salto to 30 and 60 cm matting Front layout to 30 and 60 cm matting Handspring to feet	Swing 1/2 turn to mixed grip Giant swings - backward and forward Kip to support Fwd, bwd circle skills - clear, toe, stalder Flyaway - tuck and layout	Double leg circles (handles, loops) Scissor Czech (buck) Stockli (buck)	Support Inlocate Dislocate Cast  Salto dismount	Kip / drop kip Swing to handstand Back uprise / front uprise Basket swing / cast upper arm Dismount - swing to handstand
Tumbling						
Tumbling skills	Preparation	Other				
Round-off Front salto (tuck,pike,layout) Back salto (tuck, pike,layout) Back layout salto 360° twist Front salto 1/2 (tuck, pike) Front salto360° twist Front sault step outs Baranis Basic combined series	Safe landings Strength and conditioning  Plyometric drills	Intermediate pass construction Competition preparation  Connecting tumble passes - 8 skills				
Trampoline						
General	Trampoline Skills	Trampoline Sports Specific Coaching Principles	Double Mini Trampoline	Double Mini trampoline skills	Synchronised Trampoline	Routine choreography
<b>ONLINE UNIT</b> Height drills, introduction of time of flight Reinforcement of shape, fast action, kickouts - angles and direction Shapes on trampoline Twisting direction and teaching twisting Safety on trampoline - revision	3/4 front straight somersault Front somersault - tuck, pike 3/4 back somersault straight  Back over Back somersault - tuck, pike, straight Basic twisting - cat twist, cork screw, cruising  Baranis Rudi Barani - tuck, pike straight Arabian Full Twist back Rudi Back cody Ball out, Barani ball out and Rudi ballout 1 1/4 and 1 3/4 Front somersault Double front half out 1 1/4 back somersault Double back somersault - tuck and pike	Spotting revision Handspotting  Mat use  Introduction to rig work (on the job training) Kipping and deadening the bounce	Non-scoring skills into s/s passes Use of mount and spotter s/s skills  Change of mount arm position and speed of run up for mount versus spotter skills	<b>Mount</b> Mounts - Barani - T P S  Mounts - Rudi  <b>Spotter skills</b> Spotter - Barani - T,P S  Spotter - Back somersault T P S  Spotter - Back twist full Spotter - Rudi <b>Dismount skills</b> Dismount - Barani T P S Dismount - Back somersault T P S Dismount - Rudi Dismount - Back twist full Dismount - Half out T P Dismount - Double back T P	<b>ONLINE UNIT</b> Starting together  Counting  Routine construction for synchro Identifying a leader vs.follower	<b>ONLINE UNIT</b> Routine development and construction Competition preparation

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Appendix B: Advanced Coach Accreditation Skills Matrix

Gymnastics for All						
Tumbling	Spring - mini-trampoline, trampoline, vault	Combinations and explorations	Acrobatics	Using Bigger Equipment Innovatively	Group Activities	Choreography and dance
Dive rolls Back handsprings Front salto Back salto Aerial cartwheel / side salto  Front handspring Skill connections	Synchronised Dive rolls Back salto Front salto Front drop twists Back drop twists Basic tramp combos	Traditional equipment Homemade equipment Recycled equipment	Basket pitch and catch Swing pitches Swing catches Single pitch jump Double foot pitch jump Birdie pop to recatch Standing on shoulders	Crashmats Air mats Shapes Swiss balls	Exchanges Juggling Hand apparatus in group routines Combining other apparatus Display formations from Gymbuddies	Performance skills Movement changers Elements of choreography Choreography with / on apparatus Performance  Displays across the spectrum- age and abilities Displays with people with disabilities
Aerobic Gymnastics						
General	Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography
Routine development and construction Strength and conditioning Include Plyometric Training	Dive roll Handstand Cartwheel Handstand forward roll Bwd roll to handstand Walkovers – forward / backward	Straddle V support V support Horizontal support ½ turn in support	Wenson push-up A Frame	Illusion 1 turn to vertical split	Straddle / pike jumps Jumps with rotation to feet ** Jumps with rotation to split landings ** Switch split leap Free fall , ½ turn, gainer, 1/1 to PU Forms to PU  ** straight, tuck, cossack, split, straddle, pike	Complexity Transitions / linking AMPs - arms / legs Opening and endings
Rhythmic Gymnastics						
General	Rope	Hoop	Ball	Clubs	Ribbon	
Routine development and construction  Groups / multiples  Physical preparation  <b>Choreography</b> Linking movements, handling variety  static, levels of space, unity Music Left and right hand	Fig 8 w/ body movement  Passing under in a leap  Skip through w/ throw to skip through  Double release (wammie)  Open rope throw  Throw w one rotation and catch (e.g. throw chaine)	Roll on three body parts  Oblique throw  Pass over in a leap  Rotations without hands  Axis on hand  Vertical figure of 8 in front and behind	Roll on three body parts, standing and on floor  Different series of bounces  Small throws without hands  Circumductions  Unstable balance on a part of the body  Throw, body rotation, catch in one hand	Mills  Asymmetrical  Tosses and flicks  Two clubs large throw  One club throw w/ passing the other club  Handling including rolls and tapping	Spirals (on and off floor)  Snakes (on and off floor)  Passing through and over (figure of eight)  Echappe Boomerang throw (large throw of ribbon w one element of rotation underneath  Rotation of stick around hand	
JUMPS	BALANCES	PIVOTS	WAVES	FLEXIBILITY	Freehand Acrobatics	
Ring jumps or leaps with 1 leg  Arch jump Cossack jump Scissor jumps Cabriole Stag leap Sauts verticaux en tournant up to 360° Sauts groupés up to 360°	Balance with leg back lower than horizontal (45°) with back bend of the trunk  Attitude Balance with leg lower than the horizontal (45°) and trunk bent forward (#2) L1 Free leg front at the horizontal and on the knee Free leg sideways at the horizontal (second position)	Pivots "PASSE"  In "passé" position towards inside (inward turn) In "passé" position towards outside (outward turn)  Pivots with free leg horizontal  Free leg front or side (in the second position) Free leg stretched back (Arabesque or Attitude)	Front and back wave  Side wave	Trunk bent over the leg at the horizontal in different directions: forward, backwards or sideways  Splits with slow turn (180°- 360°) with help  Ring with slow turn ( 180°- 360°) with help  Circle with help  Side splits with trunk at the horizontal with help Back splits with trunk at the horizontal with help Penchée  Below the horizontal, support on feet or knees  Lying on the stomach Splits on the floor front or back with side roll (360°)	Rolls on floor  Cartwheels and variations  Forward walkovers and variations  Backward walkovers and variations	

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Appendix B: Advanced Coach Accreditation Skills Matrix

Acrobatic Gymnastics						
Principles of Acro	Individual Skills	Pair balance	Trio Balance	Pair Dynamic	Trio dynamic	Dance Choreography musicality
Routine development and construction	Round-off	Unsupported handstand tuck/straddle /pike hold	L5 trio supported and unsupported handstand	Foot pitch straight jump	Boost skill, straight jump	Demonstrating floor coverage and use of the 3D space.  Recognise themes, and emotions of music by preparing a piece of choreography with varied movements, relationships and accents.
Shaping and specific acrobatic conditioning	Balance - crocodile	base lying down - holding tops foot in tied hands. Top performs various optional PoV	Base in lunge. M in straddle on B's back leg (supporting hand on B's shoulder). T standing on B's shoulders.	Back pike from hands	Platform / pitch layout salto	
Group A handstands	Flex - healy	Straddle on low candle	Base - 1 arm bunk, free arm extended. Middle lies on Base with legs straight, head towards Base's knees. Middle may hold onto Base. Top performs a tuck hold on Middle's feet	Bird pop re-catch	3/4 front salto platform to basket	
Press to handstand	Front handspring	Standing on hands	Top performs tuck lever on Middle's feet. Middle is supported by Base's feet. Base lying, legs straight and vertical. Base and middle hold hands	Pitch to catch feet	Handstand release to 1/4 to catch in basket	
Split press to handstand	Agility - flic step out	Handstand on shoulders with support from base OR top standing on 1 leg on shoulder of Base				
Straddle Lever	Round-off back handspring	Crocodile on split head/hand				
Half Lever	Back tuck salto	Base slide to split / stand to sit				
	Front tuck salto					
Cheerleading ( see USASF/IASF Safety Rules as well)						
	Tumbling		Stunts			
	Front handspring Back handspring Back tuck Front tuck Jump/Handspring		Extension (1 and 2 legs) Prep (1 leg) Extension (2 legs) - fulldown Ground inversion to non inverted Inversions below prep Release moves 1/2 and 1/1 up	Straight ride 1 trick - TT, Pike, Kick, Full, Ball-X (exception). Discuss arch		

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Appendix C: Advanced Silver / FIG 2 Coach Accreditation Skills Matrix

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars	Beam	Dance skills	Dance Choreography musicality
Salto forward, piked with 180° Salto forward straight, with 180° Salto forward with 360° Salto forward with 540° Salto backward with 180° Salto backward with 360° Salto backward with 540° Salto backward with 720° Double salto forward tucked Double salto backward tucked Simple acrobatic series	Salto forward straight, with 180° to 540° Salto backward straight, with 180° to 720° Double salto forward tucked Double salto backward tucked Combination acrobatics	Handspring forward with 360 turn Handspring salto forward tucked Tsukahara tucked Handspring salto forward piked Tsukahara straight Yurchenko tuck Yurchenko straight	Giant Swing – Backward, Forward, L grip with 180 and 360 turn - various grips Transition skills HB to LB - Overshoot to HS, Pak, Evova Sole circle LB to HB Clear hip hecht LB to HB Stalder and Endo circles Clear hip circle to HS - 180 and 360 turn Sole circle to HS - 180 and 360 turn Inside Stalder to Handstand and with turn Flight elements – Tkatchev, Jaeger, Gienger Dismounts – double salto bwd tuck, straight	Back handspring in series Back handspring layout step out Handspring backward - 900, 1800 Saltos forward – tuck; aerial walkover Saltos backward - tuck, pike, straight Saltos sideward – tuck; aerial cartwheel! Dismounts with turns - medium difficulty 1. Forward straight – 1800, 3600, 5400 2. Backward straight – 1800, 3600, 5400, 7200 3. Dismount – gainer straight - variations 4. Dismounts with double saltos - tuck Backward dynamic acrobatic connections to dismount	2/1 turn in passe (& 3/1) 1/1 horizontal turn Switch leap Tour jete Straddle 1/2	Advanced ballet barre complex Advanced floor and beam complex Development of artistry in WAG gymnastics Creation of advanced optional beam and floor routines
Men's Artistic Gymnastics						
Floor	Trampoline	Vault	High Bar	Pommel Horse	Rings	Parallel Bars
Salto forward, piked with 180° Salto forward straight, with 180° Salto forward with 360° Salto forward with 540° Arabian salto Salto backward with 180° Salto backward with 360° Salto backward with 540° Salto backward with 720° Double salto forward Double salto backward Connected saltos	Double back salto Consecutive saltos on long tramp Advanced twisting Using harness	Handspring salto forward tucked Tsukahara tucked Tsukahara straight Yurchenko tucked Yurchenko straight	Giant swing forward with turns (180° to overgrip, 360° to mixed-grip and el-grip) Giant swing backward with turns (180° to under-grip and el-grip, 360° to over-grip) Giant swing backward hop to under-grip Giant swing in el-grip hop to under-grip Endo Stalder Double salto backward tucked and straight Gienger salto straight Jaeger salto straddled Tkatchev straddled Dislocate (Adler) to handstand Double salto forward tucked	Circles in cross support on 1 pommel 3/3 cross support travels without pommels Side support travels without pommels ¼ spindles in succession on mushroom ½ & 1/1 spindle on end in cross support ½ turn variations from circles – kehr, wende 360° to 1080° forward, stockli backward, Czechkehr, direct stockli A and B with and Hdst. dismount from undercut & flair Scissors with ½ turn forward and backward	Strength holds – cross, L-cross, support lever, swallow, inverted cross Giant swing forward Giant swing backward Honma piked Double salto backward tucked and straight Advanced strength complexes Salto forward with 180° and 540° Salto backward with 360° and 720° Double salto forward tucked	Layout back salto Handstand turns – forward, backward, hop Salto forward from support to support Salto backward to handstand Stützkehre Diamidov Moy to support Giant swing Healy turn to support Felge (basket) to handstand Double salto backward dismount
Tumbling						
Tumbling skills	Preparation	Other				
Double back rotations - tuck, pike and straight Double with 1/1 in and 1/1 out Linking to and from tempo saltos Rudolph	Body preparation - high impact landings	Advanced pass construction Competition preparation Connecting tumble passes - 8 skill				
Trampoline						
Introduction	Trampoline Skills		Double Mini Trampoline	Synchronised Trampoline	Trampoline Sports Specific Principles	Routine choreography
Increase of height Introduction of puck shape	Ballouts (back landing salto to feet) Rudi ball out Double twist back salto Full out - T & Str Full in Full out - T Double front half out Rudi out - T, P Full in, half out - T, P & S Half in, half out - T & P Half in, Rudi out - T & P Arabians		Running drills S/S S/S passes Twisting S/S passes Basic single double passes Mount and dismount drills Double double passes	Identifying appropriate synchro pairs Building good synchro routines	Benefits of introducing twisting rotational skills e.g. Full twisting ballouts, FT back cody, etc. Continuation of cruising drills Biomechanics; Building time of flight Rig work - timing for front and back Landings Use of bungy Use of pit	
Gymnastics for All						
Synchro tumbling	Spring - mini-trampoline, trampoline, vault	Developing and Using Innovative Equipment	Acrobatics	Small equipment	Rope Skipping	Choreography and dance
Tumbling runs - skill combinations Synchronisation Intensification	Front layout Back layout Front layout 180-360° twist Back layout 180-360° twist Intensification Springing performance Mini-tramp vaulting	Ideas for building new styles of equipment	Creative entries, combinations and exits Safety - the ins and outs Using choreography/dance Using gymnastics skills Using apparatus Pitch salto Group balances		Single Long Double dutch Combinations routines Competitions and display opportunities around the world	Dance styles Advanced movement Synchronisation Larøe group performance Rules and regulations Travelling OS - what you to prepare

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Appendix C: Advanced Silver / FIG 2 Coach Accreditation Skills Matrix

Aerobic Gymnastics						
Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography	
Round-off Headspring Forward Handspring Back handspring Saltos – fwd / bwd / sideways	1/1 turn in support (L, straddle, V, lever) 1/1 turn straddle support Moldovan 1/1  Straddle planche	Plio PU ,Explosive A Frame PU 1/1 to PU Wenson hinge, free Wenson, free Wenson hinge or lateral PU High V support ½ PU, to split Double leg circle, Flair Helicopter , Helicopter to split	Free support balance ( frontal, lateral, vertical split) Balance full turn  1 ½ , 2/1 turn 1/1 horizontal to vertical split 1/1 to vertical split Free vertical split Illusion to vertical split	1 ½ and 2/1 1 ½ and 2/1 to PU  ½ turn Forms, ½ and ½ ½ turn Forms ½ to split ½ turn Forms ½ to PU Straddle jump Butterfly Off axis	Create 1/2 or full routine Insert given elements Choreography notes	
Rhythmic Gymnastics						
Apparatus	Multiples (pairs/trios)					
Variety in 'throw and catch'. Risk introduction min. 2 elements with rotation plus additional criteria  Body movement difficulties, combinations of several mastery components in one set of dance, new and novel ways of using mastery  Fundamental and other technical groups / mastery / risk	Exchanges, collaborations, formations, dynamic elements with rotations  Difficulties with exchange, body difficulties, dance, formations, risk, cannon  Elite identification (establish an elite criteria by GA)					
JUMPS	BALANCES	PIVOTS	WAVES	FLEXIBILITY		
Take off from 2 feet - split leaps, pike jumps  Pike jumps from one foot From 1 foot with travel - split leaps, stag leap, with rings Jumps with rotation Sauts verticaux en tournant more than 360°  Sauts groupés more than 360°  Fouetté	Arabesque on the knee  Attitude on the knee  Back splits with help Leg in ring position with help All other variations of free leg front at the horizontal Front splits with help and on the knee Leg sideways at the horizontal (second position) on the knee Side splits with help and also on the knee Front, back and side scale	Pivots with free leg above horizontal  Front or side splits  Back splits with ring  Fouette  Fouetté in "passé" , attitude or arabesque	Total body wave  Total wave with spiral (360°) ("tonneau") on both feet or on one foot	Splits with slow turn (180°- 360°)  Circle  Side splits with trunk at the horizontal Penchée with slow turn Front splits with back bend Front splits with back bend of the trunk with walkover Illusion forward, sideways and backwards  Lying or chest with rotation		
Acrobatic Gymnastics						
Principles of Acro	Individual Skills	Pair balance	Trio Balance	Pair Dynamic	Trio dynamic	Dance Choreography musicality
Routine requirements  Tariff sheets  FIG tables of difficulty  Points of support  Talent identification  Group B handstands - overarch and super arch  Group C to E handstands jaegar, flag and planche	Chest stand  Elbow walk over to split  Tuck salto to knee  Split press to handstand  Valdez  Flic tuck and flic layout Handspring front salto  Arabian salto  Side salto  Lavout to split Straight back salto with 360'	Unsupported and high handstand  1 ft to stand in hand (1:1)  2:2 Standing high  2:2 PoV high candle  2:1 straddle on bridge  1 arm back birdie  2:1 top PoV  High candle to low (P) Base 180 (p)  1 ft standing high (1:1) Top optional PoV 2:2 handstand: PoV with motion 2:1/1:1 1 arm inverted split	B& M Side by side bridge, T in position value >2 (hand to foot ) B&M, handstand teepee, T in press to handstand B in bridge, M in semi supported handstand, T in PoV >2 (hand to foot ) B in bridge, M in bridge, T in PoV > 3 B in split, M stand on shoulders holding high, T in PoV Top performs tuck lever on Middles 1 foot. Middle is supported by Base's 1 foot. Base lying, legs B in lunge, M in arch handstand holding B's waist, B supporting under M's thigh, T in PoV hand to body)	Front layout over head throw from thigh OR R/O salto over head  Back layout from hands ≥180 twist  Pitch catch bird  Pitch to catch candstand - cascade  Front layout overhead ≥180 twist  Double salto from pitch or hands  Handspring to handstand  Stand in hands recatch - 180 twist recatch or coubette recatch	Front layout overhead L6 1C  Platform or pitch Back layout ≥180 twist  Helicopter 2/4 ≥180 OR 4/4 pike to wrap from basket Handstand release 3/4 scoop to catch in basket  Round off double salto  Pitch / platform 4/4 salto ≥360  Platform layout recatch  Handstand on platform, throwing and/or catch in handstand	Musical interpretation  Variety of music and choreography to communicate a story line or theme  Selection of leotards/attire to suit the composition of the choreography  Demonstrate three choreographed pieces of different styles/themes/story lines
Cheerleading						
Tumbling		Stunts				
Whip Back layout Front layout		Extension (1 leg) - fulldown Extension (2 legs) - doubledown 1 1/2 up (must stop at prep)			2 tricks - (Kick full, double, fullup TT, Kick-kick, hitch-kick)	