

From Beginner Gymnastics to Advanced Beginner Gymnastics

Bars	Tumbling	Trampoline	Beam
Front Support	Cartwheel	Kill the bounce (Safe Landing position)	Walks: Forward, backward, sideways
Forward Roll Dismount	Handstand	Jump: Forward, Backward, Sideways	Squat turn
Bent arm hang (5 sec.)	Forward roll	Jumps (Tuck, straddle, pike)	V-sit
Casts	Backward roll	½ Turn	Front scale
Swing & regrasp	Log roll		

Students are encouraged to take two classes per week. Strength, flexibility, and skills are increased so quickly when repeated every few days.

From Jr. Gym/Beginner/Adv Beginner to Intermediate Level

Bars	Tumbling
Back-hip pullover	One-handed cartwheel
Close to back-hip circle on their own	Bridge kick over (on incline and close to doing it on the floor)
	Round-off
	Backward roll
Beam	Trampoline
Know various walks	Seat Drop
Round-off dismount off high beam	Close to swivel hips
Close to a cartwheel on low beam	
¾ handstand on low beam	



From Intermediate to Advanced Level

Bars	Tumbl Trak	Trampoline
Cast to sole circle dismount	Back handspring	Swivel hips
Under-swing dismount	Working on Round-off back handspring	Back handspring
Back hip circle	Front handspring	Back Drop
Beam	Tumbling	
Working on front handspring dismount	Back extension roll	
Round-off dismount	Back walkover	
Cartwheel on middle beam	Handstand forward roll	
¾ handstand on low beam	Front handspring	



From Advanced to Elite Level **By teacher invitation only

Bars	Tumbl Trak	Tumbling
Back hip circle on high bar	Round-off Back handspring/	Aerial cartwheel (close to it)
Glide kip	back tuck & layout	Straight arm back extension roll
Peach drop	Front tuck	Back handspring step out
Forward stride circle	Standing back tuck	Round -off BHS Back Tuck
Working Flyaways		Layouts
Beam	Trampoline	
Front handspring dismount	Layout	
Back walkover	Barani	
One-handed cartwheel (working on it)	Front Tuck	
Barani dismount	Working Front and Back twisting	

Advanced Tumbling ** By teacher invitation only

Floor	Tumbl Trak	Trampoline
Standing BHS	Working Round-off multiple BHS	Back handspring
Round-off Back handspring		Working Back Tuck

Advanced Boys ** By teacher invitation only

Floor	Trampoline	High Bar
Back extension roll	Back handspring	Tap swings
BHS	Working Back tucks & Layouts	Long hang pullover
	Barani	Swing ½ turn
Parallel Bars		Hop ½ turn (working on it)
Box Turn		Kips (working on it)
Swing ¾ handstand		

New For School-Age Girls Gymnastics 2009-2010 School Year

Your gymnast will be in our BRAND NEW Star Achievement Award Program designed personally by Patti Komara. This program will showcase your child's progression from Beginner to Elite. Gymnasts will be tested every eight weeks and the teachers will meet with their students' parents at Parent PowWow Week. As your child progresses onto a higher level, they will be awarded a trophy in recognition of their skill achievement and hard work. There is a portion of this progressive, systemized program that has a character building aspect to it too. The photo above shows the trophies your daughter will receive. We'll start working on these specific skills during summer classes and be ready to progress to the new level. This program is designed to help your gymnasts: set achievable goals, create a sense of accomplishment, enrich self-esteem, enrich self-worth, learn about commitment, and have fun while learning new skills.

