JUNIOR GYMNASTICS SKILLS

10 years or younger

VAULT

1. Straddle over block
2. Squat through (0.5)

BEAM

Start at wall end, facing wall.

1. Sit in straddle, swing legs to crouch
2. Pivot turn
3. 3 × dip kick steps
4. Bunny hop (handstand, 0.3)
5. Straight jump
6. Round-off

BARS

High bar.

1. Pull-up (chin above, 0.3)
2. Leg lift (toes to bar, 0.3)
3. Dish hold
4. Arch hold
5. 3 × swings, regrasp
6. Dismount