

GRF1 Exit Skills By Event

Bars: mastery of the following unassisted

- Step kick Pull Over
- Front Support
- Casting
- Forward roll dismount
- Glide swings
- Tap Swings
- Straddle Swings
- Lightly Assisted on the following:
 - Perch
 - Squat on
 - Leg cut
 - Stride undershoot dismount
 - Undershoot dismount
 - Back Hip Circle
 - Chin up pullover

Vault

- Mastery of the following skills unassisted
 - “Tuck, Straddle, Pike On” on spotting block
 - Run, hurdle, punch board to do straight, tuck, straddle, & pike jumps on to an 8 incher & stick it
 - Run, hurdle, punch the board to jump onto vault table or resi
 - Arm circle on approach to punching the board
 - HS flat back from floor to 8 incher
 - Working knowledge of HS flat back onto resi

Floor

- Following skills unassisted
 - Forward Roll in Tuck position
 - Forward Roll in Straddle position
 - Backward Roll in Tuck position
 - Lunge, Lever, full HS
 - HS forward Roll
 - Cartwheel from a lunge
 - RO from a lunge
 - Bridge
 - Kick Over from a slightly elevated surface
 - HS to bridge using 8 incher
 - Back Bend up a wedge

Beam

- Mastery of the following on the high beam unassisted
 - Front Support Mount
 - Walking in releve forwards & backward
 - Posse
 - Coupe
 - Dips
 - High Kicks
 - Straight jump dismount & stick it
 - Pivot turns
 - Straight jump on beam
 - Lunge touch the beam stand back up to lunge (or dinosaur walks)
- Cooperation/working knowledge spotted or unassisted
 - Straight HS on any beam
 - Cartwheel to HS dismount on any beam

Gymnastics Verbiage

- Knowledge & Understanding of all of the following terms
 - Straight
 - Pike
 - Straddle
 - Tuck
 - Crown
 - Press
 - Releve
 - Chasse
 - Arch
 - Hollow
 - “T” in & “T” out

For the most part, each student needs to be proficient in everything listed on each event. Some students may be ahead on one or more events & struggles with others. We will use our own discretion in the instances in moving students to the next level. Sabra Bozman is our Recreational Gymnastics Director. If you have any questions, she can be reached via email at Sabra@SummitSportsCenter.com