

Acrobatic Gymnastics High Performance Coach (Cycle 6) Syllabus

Individual Elements:

Study of FIG tables of difficulty

Pair Balance Elements:

Top planche
One arm handstand on straight arm support
Diamidov to handstand
Reverse through to handstand on long arm support
Flag handstand on long arm support
One arm Mexican handstand
Motions of the base to include spiral and roll up and down and slide to splits
Lever up and down to two on two on long arm and with motions of the base
Lever up and down to two on one on long arm and with motions of the base
Neck balance and balance on foot with base in bridge
Study of the handstand table in the FIG code
Complex entries and exits from balances
Study of the FIG tables of difficulty

Pair Dynamic Elements:

Boosted overhead double somersault
Linked moves to and from wrap
Half turn of the base to catch
360° re-catch from angel to angel position
Round off 360° with ¼ to catch in cradle
Round off to cannonball
Swing to somersault dismount
Double arabian dismount
Double pike dismount
Study of the FIG tables of difficulty

Women's Group Balance Elements:

Two bases on the floor
One base with two tops
One base supporting on a variety of positions
Middle of the shoulders of base
Middle of feet of base
Middle on hands of base, or base in handstand
Motions of top, middle and base
Transitions
Study of the FIG tables of difficulty

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Women's Group Dynamic Elements:

Advanced forwards and backwards somersaults to a range of caught positions:

Cradle

Overhead log

Supported handstand

Handstand on platform

Splits on partners

Wrap

Stand on platform

Advanced somersaults performed as boosted elements

Double somersaults with twist

Linked elements

Study of the FIG tables of difficulty

Men's Group Balance Elements:

Four-man column

Supports with third base on necks of bases one and two

Supports with base one in splits and bridge

Supports with base one in rear support

Motions of middle and bases

Mounts with the top in a position of value

Study of the FIG tables of difficulty

Men's Group Dynamic Elements:

Advanced pitches from two bases to one and from one base to two to stand and to handstand

Pitching from pyramid start positions

Dismounts of the middle

Dynamic pitches from double paired start

Pendulum with somersault off and to catch

Somersaults from swing to catch by third base

Turntable

Catching on a pyramid

Double somersault with twist to re-catch on platform

Links

Study of the FIG tables of difficulty