

## Acrobatic Gymnastics Senior Club Coach (Cycle 6) Syllabus

### Individuals:

Leaps and jumps  
(1/1 turn wolf jump, 1/1 turn tuck jump, split leap, split change, sissone, sheep jump)  
Top Planche  
Limber to knees  
Backward walkover ½ turn forward walkover  
Headspring and handspring to straddle sit  
Flick to a variety of finish positions (incl. chest roll)  
One hand flick  
Free cartwheel to a variety of finish positions or another skill  
Side somersault  
Arabian dive roll  
Arabian somersault  
360° twisting straight somersault (incl. different landing positions)

### Pairs – Balance (incl. mounts/dismounts for all):

Two on one handstand on long one arm support of base  
One arm handstand on long one arm, or head support of base  
One arm Flag handstand on long one arm or head support  
One foot supports on long arm  
Base motions to sit or split with top in one arm  
Base motions to sit with top on head  
Base motions with 270-360° turn

### Pairs – Dynamic:

Foot pitch 2/4 somersault with 180° turn to catch in handstand  
Radochla: 3/4 somersault from handstand to catch in front angel  
Radochla: 4/4 somersault from handstand to catch in bent arm handstand  
Double tuck or pike somersault from pitch

### Pairs – Dynamic continued:

Double tuck or pike somersault from stand in hands  
180° twisting straight somersault dismount from stand in hands  
360° twisting straight somersault dismount from stand in hands  
Tsukahara Dismount: 6/4 somersault dismount from handstand on bent arms  
5/4 straight somersault to wrap from stand in hands

### Women's Group – Balance:

½ column with two on one long arm handstand  
Box balance  
Dead ant: Base lying supporting middle, top balancing on feet of middle  
Bridge on bridge – Long arm support  
Bridge on bridge with support on hips

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### **Women's Group – Balance continued:**

Tepee balance (incl. a variety of top motions  
e.g. combinations of straddle to handstand,  
Mexican, planche and crocodile)

Double shoulder stand support with top on feet  
or knees

Linked handstand support with top on feet  
or knees

Motions of the top in these balances  
(covered on-course)

Linking balances and motions based on Special  
requirements for group balance exercises in  
COP (covered on-course)

### **Women's Group – Dynamic:**

5/4 somersault from platform to cradle

7/4 somersault from platform to cradle

Somersault from platform to re-catch  
on platform

Double somersault dismount

4/4 somersault to catch in splits on shoulders  
of bases

$\frac{3}{4}$  somersault to catch in log on straight arms

Round-off swing to handstand (cannonball  
to handstand)  $\frac{3}{4}$  somersault to cradle

Round-off swing to handstand (cannonball  
to handstand) to Tsukahara dismount  
(6/4 somersault dismount)

### **Men's Group – Balance:**

Three-man column with support from  
4th man at side

Support with bases in splits, middle on  
shoulders of bases and top in short arm  
handstand

Bases side-by-side, middle on heads of bases  
and top on either the head or the back of the  
neck of the 3rd base in straddle on straddle,  
crocodile on straddle, or planche on planche

Bases standing, middle on shoulders of bases  
and top in any position on either long arm  
handstand, or one arm short arm, or 1 arm  
on head

### **Men's Group – Dynamic:**

Change base platform-to-platform double  
backwards somersault

Two-man platform with 3rd base standing  
and top in hands of 3rd base, pitch to  
dismount and to re-catch

Three-man pitched dismount from  
platform to 8/4 tuck somersault and to  
re-catch on platform