

## Acrobatic Gymnastics International Performance Coach (Cycle 5) Syllabus

### Individual Elements:

Arabian somersault tucked  
Double Arabian Somersault tucked  
Whipback, flip and somersault combinations  
Double back somersault tucked/piked.  
Back somersault stretched with  $\frac{1}{2}$ ;  $\frac{3}{2}$ ;  
 $\frac{2}{1}$  turns  
Front somersault stretched with  $\frac{1}{2}$  and  
 $\frac{1}{1}$  turn  
 $1\frac{1}{4}$  front somersault  
Consecutive tempo front somersaults  
tucked and stretched

### Pairs Elements:

One arm handstand in various shapes on  
long arm support  
Two on one slide to split or to sit and in  
different shapes  
One arm handstand to sit or split  
Straight back somersault to recatch  
Full twist back somersault to recatch  
Double backward somersault dismounts  
with twist  
Double somersault boosted over head  
of base

### Groups Elements:

Half column handstand with transition  
from bases and top  
One arm and two on one supports  
Balances with reduced support  
Double somersault dismounts with twist  
from pitch and platform  
Triple tuck somersault  
Double straight somersault  
Straight somersault forwards or backwards  
from platform to platform, and with  $\frac{1}{1}$  twist  
 $1\frac{3}{4}$  somersault from platform or pitch  
to cradle  
 $2\frac{1}{4}$  somersault from platform or pitch  
to cradle

### Dance and Choreography:

The choreographic construction of routines  
with consideration of: variation in level,  
rhythm, tempo and effective use of space  
according to the IFSA Code and International  
standard performance