

Acrobatic Gymnastics Club Coach (Basic) (Cycle 5) Syllabus

Individual Skills:

One handed cartwheel
Handstand 180° turn
Backward roll to handstand
Tucked top Planche
Arabesque
Wine glass
Chest balance
Box splits
From standing, drop back to bridge
- Drop back to bridge
- Handstand to bridge
- Handstand and bridge to stand
Forward walkover
Backward walkover
One hand walkover
Forward walkover to splits
Backward walkover to split
Change leg walkover
Valdez
One arm Valdez

Individual Skills continued:

Healy turn from handstand to sit
360° jump to kneel
Dive Roll (Hecht Roll)
Flick
Flick to variety of positions
Handspring
Flyspring
Headspring
Headspring ½ turn to front support
Free cartwheel
Tumbles as linked skills
- Forward roll, jump to one leg, cartwheel
- Cartwheel, chassé, round-off, straight jump
- Round-off, stretch jump, backward roll
- Round-off, half turn round off (or cartwheel)
- Handspring to one, round off, flick
- Two handsprings
- Round-off, two flicks

Balances:

Handstand on knees
Handstand at medium level on a range of base positions
- One foot stands in hands of base
Handstand on shoulders of base
Handstand on knees of base in chair support
- From stand on shoulders, turn over tuck dismount
Long arm with base lying
Free front angel on straight arm support of base lying
Free front angel base standing
- Straddle lever or pike lever, base lying
- Straddle lever base standing
2-on-2 lever, base lying
Base sitting, straddle lever on head and short arm support of base
- One arm short planche
- Free stand on knees
Base motions to sit - top support on hand
Base motion to splits

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Balances continued:

Two consecutive lifted jumps
Pitched straight jump, feet to above shoulder level of base
Lifted full spin jump
Straight jump from stand in hands, facing in and facing out
From stand on shoulders, turnover tuck dismount
- Foot pitch to catch (Pitch to catch in hands)
Lift to catch in wrap
Dive to catch in cradle with 180°

Women's group elements:

Half column balances
Balances with base one lying supine
Base lying, middle in back support with top standing on her knees
- Stand on knees with supported handstand
Base in back support, middle stands on her knees, supporting top to handstand on floor

Women's group elements continued:

Top standing on shoulders of base, hand support of middle standing supported on knees of base
Top standing on shoulders of base, hand support of middle standing supported on knees of base, top performs straddle lever on straight arms of base
Bases side-by-side lunge, top in handstand on their knees
Base in lunge, top stands on shoulders, base in straddle lever on base's back leg
Base in lunge, top stands on shoulders, base in straddle lever on base's back leg, top performs straddle lever on straight arms of base.
Wineglass/Front scale balances
- Overhead log position/bridge position
Balances with bases side-by-side, top in lever
Balances with bases side-by-side, top in splits
Bases stand side-by-side, top performs straddle lever on their straight arm support
Two bases support overhead splits of top
Three perform back support, one on top of the other

Women's group elements continued:

Base lying, middle in back support, top performs shoulder stand
Two supported jumps
- Supported flick
- Catch and pitch from cradle
Round off supported jump
- Round off to log
From cradle, throw with 180° twist to re-catch
- Pitch to land in cradle, full twist throw from cradle to cradle
540° log twist to re-catch
¾ back somi dismount from cradle
- Supported handspring
Two supported jumps
- Pitched stretch jump from platform
Straight jump ¼ rotation to catch in cradle

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Men's group skills:

Balances with all partners at low level

Four man medium high balance – bases
side-by-side lunge

Balances with one partner at medium level

Balances where all partners are
interdependent

Pithed tucked somersault from sitting
on platform

Dance and choreography Skills:

Basic classical ballet exercises

- Feet positions

- Arm positions

Basic classical dance exercises

- Demi pilé

- Full pilé

- Battement tendu

- Grande battement

Dance elements

- Chassé

- Split leap

Turns

- Pivot turn

- The half spin