

Acrobatic Gymnastics Club Coach (Cycle 5) Syllabus

Individual Elements:

Forward walkover
Backward walkover
One-hand cartwheel
One-hand walkover
Wine glass stand
Handstand held for 2"
Handstand with 180° and 360° turns
Handstand to bridge
Drop back to bridge
Backward roll to handstand
Dive-roll
Valdez
360° jump to kneel
180° and 360° spins
Choreographic elements from
Intermediate 2 and 3 grades NDP5

Pair Skills:

Balance Work:

Supported Stands: Basic level balances with the partner standing on the thighs, hands or shoulders of the base. Stands with base or top on one leg

Angel Supports: Balances in which the base supports the partner in front or back angel on the feet or the arms only

Hand to Hand: Half lever support on the hands of the base; Half lever **on high arm, base standing**; Half lever support on hands of base, base lying with straight arm support

Handstands: All supported handstand work from NDP levels up to and including Intermediate 3 with the base in a variety of positions

Moving Balances: Angel support, stand on shoulders and stand in hands support, base going from standing to finish in splits or straddle sit

Tempo Work:

Moving Elements: Turnover, Sputnik, Ping Turnover

Supported Jumps: Backward roll, two supported jumps, Roundoff or cartwheel to supported jumps

Caught Elements: Pitch to stand on the partners hands and cradle work from NDP5 levels up to and including Intermediate 3

Pitched Elements: Pitch straight jump; straight jump or 180° jump out of hands; Pitched back somi; 360° jump out of hands of base

Women's Group Elements

Balance Work:

Triple Stands: Linked Wineglass support; linked counterbalance with raised legs

Double Lunge: Top stands on knees of bases; top in handstand on knees of bases

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Women's Group Elements continued:

Box Supports: Base in back lying, middle back support, top stands on knees or in back support; Base in bridge, middle stands on thighs, top performs supported handstand on floor; Base in back lying, middle in back support, top in shoulder stand on hands of middle

Horizontal supports: Overhead log support

Half Column: Base and middle perform stand on knees, top in supported handstand on the floor; Base in demi-plie, middle stands on shoulders, top stands on knees of base, holding hands with middle; half column with top standing on shoulders of middle

Single Lunge: Base in lunge, top stands on her shoulders, middle performs straddle lever on back leg; base in lunge, middle in handstand on back leg, top performs supported stag handstand on floor

Counterbalance: Base in back lying, middle leans on feet of base, top performs counter-balance stand on knees of middle

Women's Tempo Work:

Supported Agilities: Supported jumps; supported handspring; supported flick; supported somersault; round-off, supported straight jump

Caught Elements: Jump to cradle; Cradle – 180 log to Cradle; Jump to cradle, 360 log to cradle; Round-off to cradle; Round-off to log

Pitched Elements: Pitched straight jump; Pitch to cradle, 360 log to cradle; Pitch straight jump from platform to platform; Stand on platform, pitched jump off; Pitched salto from floor and pitched salto from platform

Moving Elements: Dive rolls over partners

Men's Groups Elements:

Balance Work

B1 lies, legs raised to support B2 who is in demi plie; B3 stands on knees of B2, top performs handstand on floor in front of B3, feet supported by B3

Men's Groups Elements continued:

B1 in kneeling position with hands on the floor; B2 sits on back of B1; B3 stands on knees of B2; top performs handstand on floor in front of B3, feet supported by B3

B1 lies, legs raised to support B2 who is in demi plie. B3 is in counter-balanced facing stand on knees of B2 with one-hand grasp. Top performs short-arm stand in hands with B1

B1 & B2 side by side in lunge. B3 stands on knees of B1 & B2, supporting top who performs handstand on floor in front of B3
B1 & B2 kneel side by side, hands on the floor to make a platform; B3 kneels with hand support on the platform; the top stands on the hips of B3

B1 & B2 stand side by side; B3 stands on their shoulders; top performs handstand on floor in front of B1 & B2 who each support him with one hand

B1 & B2 side by side in lunge. B3 stands on knees of B1 & B2, supporting top who performs stand on shoulders of B3

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Men's Groups Elements continued:

B1 & B2 side by side in lunge. B3 stands on knees of B1 & B2, supporting top who performs handstand on short-arm support of B3

B1 supports B2 in stand on knees, facing outwards; B3 performs handstand on the floor, supported by B2; top performs stand on shoulders of B1

B1 supports B2 in stand on knees, facing inwards; B3 stands on knees of B2; top stands on shoulders of B1

Men's Tempo Work:

Supported Agilities: Supported jumps; supported handspring; supported flick; supported somersault; round-off, supported straight jump

Caught Elements: Jump to cradle; Cradle – 180 log to Cradle; Jump to cradle, 360 log to cradle; Round-off to cradle; Round-off to log

Men's Tempo Work continued:

Pitched Elements: Pitched straight jump; Pitch to cradle, 360 log to cradle; Pitch straight jump from platform to platform; Stand on platform, pitched jump off; Pitched salto from floor and pitched salto from platform

Moving Elements: Dive rolls over partners

B1 & B2 form basket to pitch B3 and top in turn from sitting position to tucked somi dismount

Three-man pitched straight jump with re-catch and then to dismount

Dance and Choreography

Head, feet and arm positions – Good posture, five foot and arm position in classical dance

Ballet / Dance Barre Movements:

Demi Plié, full Plié, reléve and their relationship with jumping and landing skills

Battement Tendu; Grande Battement; Developé; Grand rond de jambes

Jumps, Leaps and Turns: Chassé, coupé; sauté en premieré; changement; scissor kick; pirouettes; fouette