

Acrobatic Gymnastics High Performance Coach (Cycle 5) Syllabus

Individual Elements:

Walkover with change of legs
1-arm Valdez
Back walkover to neck-kip position – kip up with arch to stand
Wide-arm handstand
Needle scale with leg held by both hands
Deeply arched handstand
Yogi handstand
Mexican handstand
Full twisting dive roll
Round off Hecht leap with $\frac{1}{2}$ turn roll out
Stretched backward somersault with full twist
Front somersault walkout into second series
Free cartwheel in series with another element
Tumbling series including 1/1 twist
Double back somersault tucked

Pairs Elements:

Two on one handstand
Handstands in various body shapes
One arm handstand on long arm support
Two on one handstand with lever up
Double tuck dismount
Tuck somersault from standing in hands to recatch
Front somersault from shoulders on hands of base to:
i) Wrap
ii) Back angel
 $\frac{3}{4}$ somersault pitch to angel support

Groups Elements:

Half column with straddle up to long arm handstand
Bases side by side top in handstand slide to split
Base in lunge with long arm support middle and top, perform transitions
Neck balance – Top in handstand on the neck and leg of the middle who is in hands and knee support on the base who is in one arm back support position
Pitched double tuck and pike
Somersault back and front from platform to platform
Boosted double somersault over heads of bases
Cannonball with somersault out
Somersault from stand on platform with multiple twists to catch in cradle
From handstand support dismount with $1\frac{1}{2}$ somersault

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Men's Groups Balance:

B1 & B2 stand side by side supporting B3 in stand on their shoulders; top performs short-arm handstand in hands of B3

B1 & B2 stand side by side supporting B3 in stand on their shoulders; top performs straight-arm handstand in hands of B3

B1 in bridge; B2 stands on thighs of B1; B3 stands on knees of B2; top stands on shoulders of B3

B1 in bridge; B2 stands on thighs of B1; B3 stands on knees of B2; top performs straddle lever or short-arm handstand on hand support of B3

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

B1 supports B2 in stand on knees facing out; B3 stands on knees of B2; top performs straddle lever or short-arm handstand on hand support of B3

Tempo:

Elements from platform to platform as in Women's Groups, but working with a change of base partners

Two-man and three-man pitches and catches to include full twist

Three-man pitch double somi to catch by 2 men

Double platform pitching with top performing straight somersault to catch and B3 dismounting

Dance and Choreography:

The development of dance and choreography relevant to the construction of routines and stability of exercises according to FIG Code requirements