

## Men's Artistic High Performance Coach (Cycle 6) Syllabus

### **Tumbling and floor Skills:**

Full spindle  
Flairs to handstand  
Flair spindle to handstand  
Backwards somersault with 3/1 twists  
Double layout  
Double backwards somersault with 1/1 out, ½ in, ½ out  
Full in backwards somersault out tucked  
Whip into double backwards somersault tucked  
Whip backwards somersault with ½, 1/1, 1½ twists  
Stretched forwards somersault  
Forwards somersault combinations  
Forwards somersault stretched with 2/1 twists into flyspring or forwards somersault  
Forwards somersault with 2 ½ twists  
Double Arabian somersault tucked

### **Pommel Skills:**

Flair to handstand  
Flair travel down  
Flair czechkehre  
Various Magyar travels (in circle and flair)  
Various sivado travels (in circle and flair)  
Czech direct stockli A  
Czech direct stockli B  
Multiple Russian wendeswing  
Full spindle in circle and flair within two circles  
Multiple direct stockli B  
One handle circle combinations including wendeswing in various one handed set ups

### **Ring Skills:**

Inverted cross  
Maltese cross or swallow  
Back circle to cross  
Upstart/kip to cross or ½ lever cross  
Jonasson  
Li ning one  
Li ning two and into cross  
Handstand ball into Li ning to cross  
Guczoghy tucked  
Inverted cross ball to stemme  
Felge to handstand  
Double backwards somersault piked and stretched  
Back in full out  
Full in back out  
Tsukahara  
Backwards somersault stretched into 2/1 twists  
Forwards somersault stretched with 3/2 and 2/1 twists  
Double forwards somersault

## Men's Artistic High Performance Coach (Cycle 6) Syllabus

### Vault Skills:

Cuervo tucked (handspring  $\frac{1}{2}$  turn backwards somersault tucked)

Handspring forwards somersault tucked and piked with  $\frac{1}{2}$  turn

Tsukahara with  $\frac{1}{2}$  and  $1\frac{1}{1}$  twist tucked and stretched

Yurchenko with  $\frac{1}{2}$  and  $1\frac{1}{1}$  twist tucked and stretched

Kasamatsu tucked and stretched

Round off  $\frac{1}{2}$  turn on

Handspring forwards somersault off tucked and piked

Physical preparation

### Parallel Bar Skills:

Above the bar: front to catch in support,  $1\frac{3}{4}$  forwards somersault tucked to upper arm support, swinging healey turn, flying backwards to handstand, tumulovich, hope forwards pirouette, Richards, handstand bail with straight legs

### Parallel Bar Skills continued:

Below the bar: under somersault to support and to handstand, upstart clips to handstand, backwards giant with  $\frac{1}{2}$  turn, cross bar stoop in and lift to handstand

Double backwards somersault piked dismount

Double forwards somersault tucked dismount

### Horizontal Bar Skills:

Inverted giants

Steineman

Stoop in  $\frac{1}{2}$  turn out

Stoop endo in  $\frac{1}{2}$  turn out

Squat in shoot out with  $\frac{1}{2}$  turn

Voronin

Geinger somersault

Jaeger somersault

Tkatchev straddled

Hecht  $\frac{1}{2}$  turn (markelov)

Double backwards somersault stretched dismount

### Horizontal Bar Skills continued:

Stretched single backwards somersault with  $2\frac{1}{1}$  and  $3\frac{1}{1}$  twists dismount

Double backwards somersault full out tucked dismount

Full in back out tucked dismount

$\frac{1}{2}$  in,  $\frac{1}{2}$  out tucked dismount

Double forwards somersault tucked and piked with  $\frac{1}{2}$  turn dismount

### Use of the Rebound:

Trampette

Trampoline

DMT

Fast track

Air track