

## Men's Artistic Level 1 (Cycle 6) Syllabus

### **Fitness and Well-Being – Physical Preparation:**

Warm up  
Flexibility training  
Basic conditioning  
Additional conditioning exercises

### **Floor Skills:**

Developing key skills

- Bridge
- Straddle stand
- V sit
- Straddle V sit
- ½ lever
- Tucked Russian ;ever
- Tucked top planche
- Side Splits
- Single leg balances – Y balance and arabesque
- Headstand tucked and stretched

### **Floor Skills continued:**

Rolls

- Forward roll
- Backwards roll
- Roll to straddle stand
- Piked rolls

Handstand

Handstand forwards roll

Cartwheel

Cartwheel ¼ turn in

Round off (in prep for the R/O flic)

Hurdle step

Handstand bridge to stand

Forwards and backwards walkovers

Jumps

- Straight jump
- Tuck jump
- Star and straddle shaped jumps
- Straight jump with ½ and 1/1 turn
- Using the trampette and spring board for teaching jumps
- Learning how to fall

### **Vault Skills:**

Run up  
Take off hurdle step and jump from the board  
Landing drills  
Squat vault  
Handspring to flatback

### **High Bar Skills:**

Introducing bars to beginners

Grasping the bar

Straight hang

Back hang

Learning to swing

Swing on high bar

Work in gloves and loops

Swing and ½ turn

Dismounting from the high bar

Upward circle

Cast to land on the floor

Cast to backward hip circle

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### High Bar Skills continued:

Cast towards handstand  
Undershoot from standing

### Pommel Horse Skills:

Pendulum swings and single leg swings  
Pendulum swings  
Variations on the pendulum  
Developing the double leg circles

### Ring Skills:

Static elements  
Muscle up  
Basic swing in hang  
Layout to swing from inverted hang  
Tucked backwards somersault dismount

### Parallel Bar Skills:

Swinging in full support  
Face vault dismount  
Flank vault dismount  
Undershoot from the end of the bars  
Swinging in hang  
Upper arm swing  
Pike swing under the bars (float swing)

### Introduction to Dance:

Pliés  
Tendues  
Arm positions