

## Men's Artistic Level 2 (Cycle 6) Syllabus

### Practical Delivery:

Physical preparation  
Dance and choreography  
Rebound as an aid to teaching gymnastics  
Elements syllabus

### Floor Skills:

Top planche  
Straddle lift to handstand  
Hecht dive roll  
Handspring  
Handspring to 1 leg  
Flyspring  
Headspring  
Backwards roll, straight arms  
Forwards somersault  
Flic  
Backwards somersault  
Round off flic, backwards somersault to stand  
Free cartwheel

### Pommel Skills:

Forwards scissor  
Backwards scissor  
Double leg circles  
Loops  
Bucket work

### Ring Skills:

Still inlocation  
Muscle up to half lever  
Back lever  
Front lever  
Handstand development  
Bent arm bent body press  
Inlocation 1  
Inlocation 2  
Dislocation  
Backwards somersault straight

### Vault Skills:

Flight 1 and 2: forward  
Vaulting table contact: technique 1 and 2  
Floor contact  
Handspring vault

### Parallel Bar Skills:

Russian v  
Manna  
Swing to handstand  
Full pirouette in handstand  
Front uprise to straddle sit  
Shoulder roll to straddle sit  
Drop upstart  
Float upstart  
Swing in hang  
Face vault dismount  
Flank vault dismount  
Forwards somersault preparation  
Backwards somersault preparation

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### High Bar Skills:

Clear back hip with release to dismount  
Float upstart  
Cast to handstand  
Upstart to handstand  
Undershoot from front support  
Straddle sole circle/stoop circle  
Undershoot from straddle and stoop on  
Preparation for swinging on a bar  
Cast from hang into swing  
Basic swinging/shaping  
Three quarter long swing  
Back long swings  
Giant swing forwards

