

Men's Artistic Level 3 (Cycle 6) Syllabus

Technical Module 1

Floor Skills:

Accelerators – round off, flics, handspring, flyspring, take offs
Twistsing – forwards and backwards

Vault Skills:

Straight front
Handspring front
Tsukahara
Yurtchenko

Technical Module 2

Pommel horse skills:

Shears technique – half and full turn
Basic circle technique – floor work
Circles and travels – varying position on horse
Elements – stockli A, Czech, travel out in side support, rears, half spindle, 360° Russian
Dismounts – schwaben flanke and wende

Ring skills:

Swings – advanced swinging technique, multiple inlocations and dislocations – handstand, forwards and backwards longswing
Skills to support – backwards uprise to support, honma
Strength – straight arm bent body lifts to handstand, bent arm straight body press to handstand, handstand drills, straddle half lever and planche
Dismounts – forwards somersault with half and full twist, double backwards somersault

Technical Module 3

High bar skills:

Polished bar – clear circle to handstand, stalder, endo
Chalk bar – safe dismounting/recovery skills, forwards and backwards longswings, upstart cast to handstand, clear circle to handstand, stalder, endo, swing half turn, top change, blind change, gienger roll to mixed
Dismounts – straight back away

Parallel bar skills:

Swings in support – stutz, diamidov, flying backwards roll
Swings in upper arms – forwards uprise, backwards uprise, upper arm upstart
Elements in long hand – preps to and performance of longswing, moy to support
Elements in pike hang