

Men's Artistic Senior Club Coach (Cycle 6) Syllabus

Biomechanics:

Describing movement
Mass, inertia and weight
Force, impulse and newton's law
More on forces
Circular motion
Moment of inertia and angular momentum
Torque, angular impulse and newton's law's
Twisting

Floor Exercises:

Circle and wende
Flair and czechkehre
Whip backwards somersault
Whip back into backwards somersault
Double backwards somersault
Backwards somersault $\frac{1}{2}$, $1/1$, $3/2$, $2/1$ turn
Backwards somersault $1\frac{1}{2}$ twist combinations
Forwards somersault step out
Consecutive forwards somersault

Floor Exercises continued:

Forwards somersault $\frac{1}{2}$ and $1/1$ turn
Forwards somersault straight $3/2$ twist
Forwards somersault straight $2/1$ twist
 $1\frac{1}{4}$ forwards somersault
Handspring, stretched forwards $1/1$ twist, flyspring
Round off/round off flic sideways somersault

Pommel Horse Skills:

Shear forwards with hop travel
Forwards travel in cross support
Backwards travel in cross support
Circle on one handle
Circle between handles
Wendeswing
Stockli backwards
Direct stockli 'A'
Direct stockli 'B'
Circle and stockli on one handle
Half spindle

Pommel Horse Skills continued:

Half spindle in flair
Wende schwabenflanke
Czechkreiswende
Stockli backwards schwabenflanke
Circle and straddle to handstand
Flair to handstand

Ring Skills:

Physical preparation and strength training sequences
Straight arm body press to handstand
Handstand on swinging rings
Stemme forwards to support
Stemme backwards to straddle lever
Forwards bail inlocations
Stemme to handstand
Forwards giant
Backwards bail dislocations
Backwards giant
Honma

Men's Artistic Senior Club Coach (Cycle 6) Syllabus

Ring Skills continued:

Yamawaki
Deltchev
Dynamic felge to support
Double backwards somersault tucked
Stretched backwards somersault ½, 1/1, 2/1
Stretched forwards somersault ½, 1/1
Stretched forwards somersault with 3/2 turns

Vault Skills:

Physical preparation exercises
Handspring 3/2 somersault
Tsukahara stretched
Yurchenko stretched

Parallel Bar Skills:

Physical preparation exercises
Backwards stemme to handstand
Backup cut to catch

Parallel Bar Skills continued:

Backwards stutz
Forwards stutz
Diamidov
Healey turn
Cast to support
Moy to catch
Backwards giant
Upstart backwards clips between bars
Cross bar straddle lift to handstand
Backwards somersault ½, 1/1, turn
Forwards somersault ½, 1/1 turn
Double backwards somersault tucked

Horizontal Bar Skills:

Flexibility and body shaping exercises
Hop changes, front and rear
Hop ½ turns
Blind change
Top change

Horizontal Bar Skills continued:

Geinger turn
Healey turn
Endo circle ½ turn
Stalder circle ½ turn
Stoop in dislocation
Inverted giant swings
Backwards somersault ½, 1/1, turn
Forwards somersault ½, 1/1 turn
Double backwards somersault dismount

Use of Rebound:

Prerequisite core skills
Physical preparation on trampoline
Use of the trampoline to develop gymnastic skills