

Men's Artistic Club Coach (Cycle 5) Syllabus

Tumbling and Floorwork:

Static Elements: Russian Lever; Manna, Top Planche, Wide arm Handstand

Handstands: Straddle lift to handstand; stoop lift to handstand; backward roll to handstand with straight arms with $\frac{1}{2}$ and $1\frac{1}{1}$ turn

Dynamic Movements:

Handspring; Flyspring; and combinations
Free cartwheel

Round off; backflip, series of flicks, round off backflip

Somersaults - forwards and backwards, tucked and stretched

Round off backflip back salto tucked/stretched

Handspring front salto; Handspring, flyspring front salto

Physical Preparation: related to the elements listed above

Pommel Skills:

Straddled swings: Single leg pendulum swings; $\frac{1}{2}$ Shear; Forward Shear; Backward Shear

Double Leg Circles: development on the floor, on the pommel mushroom and on all aspects on the body of the horse and handles; one handle circles on the single handle mushroom and horse. Travelling forwards and backwards in cross support on a low horse without handles

Elements: Flair's; Stockli A, Czechkehre and $\frac{1}{2}$ spindle on the mushroom

Dismounts: Schwaben flank dismount and Wende dismount

Physical Preparation related to the elements listed above

Ring Skills:

Static Elements: Back and front scales; muscle up to $\frac{1}{2}$ lever; straddle lever

Handstands: handstand preparations; bent arm bent body press to handstand, straddle lift with straight arms to handstand

Elements: swing in hang; inlocations; dislocations

Dismounts: Back somersault tucked and stretched

Physical Preparation: related to the elements listed above

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Vaulting Skills:

Preparation Skills: Run up and take off; landing drills; $\frac{3}{4}$ straight front somersault to back lie onto a safe platform; stretched front somersault onto safety mattress

Vaults: Handspring; round off over a horse onto a platform; Tsukahara preparation ($\frac{1}{2}$ on handspring off); Yurchenko Preparation (round off onto the board, back handspring over a platform)

Physical Preparation: for the vaults listed above

Parallel Bars Skills:

Elements in Support: Dynamic swing to handstand; swing forwards pirouette; swing and reverse pirouette; swing to Manna and cast into swing; straddle lift to handstand; forward uprise to swing in support

Elements in Hang: Swing in hang (piked and stretched); float upstart, bail from upper arm into float upstart; bail from support into tuck back somersault between the bars

Dismounts: Tuck front somersault; tuck back somersault over the bars

Physical Preparation: related to the elements listed above

Horizontal Bar Skills:

Low Bar: Clear hip circle to handstand; clear hip circle to handstand dismount; short and float upstarts; cast to handstand in undergrasp and overgrasp: Stoop, Stalder and Endo swings – support to support in gloves and loops on a polished bar. Stoop and straddle on and off in gloves and loops on a polished bar

High Bar: Body shaping (arch to dish); traversing long the bar; cast from hang into basic swing; safe dismounting from the bar; recovery skills. Backward Stemme towards handstand in gloves/loops. Forward and backward giants in gloves and loops. Backward giant on the chalk bar. Swing with $\frac{1}{2}$ turn above the bar to mixed and over grasp

Dismounts: Tucked and stretched backaway.

Physical Preparation: Related to the elements listed above

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Safety and Spotting:

Safe methods of handling, erecting, adjusting, dismantling and storing gymnastic apparatus

Safe apparatus layouts

Executing Safe Falls: Falling safely when moving forwards, backwards or sideways with rotation or flight; falling safely from the apparatus; recovery techniques to avoid falls

Safe Spotting Techniques: The use of safe and recognised “spotting” or “supporting” techniques and the principles that ensure safe and effective supporting

Use of progressive skills in teaching gymnastic elements

Rebound:

The safe use of the rebound situation as an aid to teaching gymnastics elements listed in the syllabus

Safety: In the erection, use, dismantling and storing of rebound equipment including the trampette and trampoline

Trampoline: The introduction to correct techniques for, jumping; landing; front drop; seat drop; back drop; jumps with $\frac{1}{2}$ and $\frac{1}{1}$ turn and combinations of these skills as core elements for the teaching of gymnastic elements

Use of the Trampette and Trampoline: In the teaching of gymnastics elements listed in the Club Coach syllabus and specifically stretched forward and backward somersaults

Dance and Choreography:

Head, feet and arm positions: Good posture, five foot and arm position in classical dance

Ballet/Dance Barre Movements:

- i) Demi Plié, full Plié, relevé and their relationship with jumping and landing skills
- ii) Battement Tendu; Grand Battement; Developé, Grand rond de jambes

Jumps, Leaps and Turns: Chassé, coupé; sauté en premieré; changement; scissor kick; pirouettes, fouette

Practical Application: Use of the above elements in the physical preparation programme and the choreographic aspects of routine construction