

Men's Artistic High Performance Coach (Cycle 5) Syllabus

Tumbling and Floorwork:

Floor Skills: full spindle; flairs to handstand; flair spindle to handstand

Backward Somersaults: back somersault with 3/1 turns; Double layout; Double back with 1/1 out; Tsukahara; full in back out tucked; whip back into double tuck salto: whip back into back salto with 1/2, 3/2, 2/1 turns

Forward Somersaults: front somersault stretched with 3/2 and 2/1 turns; stretched front, stretch front, front 1/1 combinations

Combination Tumbles: back salto 1/2 turn into punch front with 1/1 and 3/2 turns; back salto punch front; back salto with 1/1 into punch front

Physical Preparation: related to the elements listed above

Pommel Skills:

Elements in Flair: Flair to handstand; Flair travel down; Flair Czechkehre

Other Elements: Various Magyar travels (in circle and in flair) Various Sivado travels (in circle and in flair). Czech direct Stockli 'A'; Czech direct Stockli 'B'. Double Russian Wendeswing; Full spindle, in circle and in flair; Multiple direct Stockli 'B' and on handle circle combinations in various one hand set ups

Dismounts: Flair to handstand, with pirouette dismount

Physical Preparation related to the elements listed above

Ring Skills:

Static Elements: Inverted cross; Maltese cross or swallow; back circle to cross; Upstart/hip to cross or 1/2 lever cross

Dynamic Elements: Honma; Kajitani: Jonnasson; Li Ning one; Li Ning two; Guczoghy tucked; Inverted cross bail to forward giant and backward giant

Dismounts: Double back piked and stretched; Back in full out; full in back out; Tsukahara; Back salto stretch with 2/1 turns; Front salto stretched with 3/2 turn; Double front somersault

Physical Preparation: related to the elements listed above

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Vaulting Skills:

Handspring Vaults: Cuervo tucked (handspring $\frac{1}{2}$ turn back salto tucked) Handspring front salto tucked and piked/with $\frac{1}{2}$ turn

Tsukahara Vaults: Tsukahara with 1/1 turn, tucked and stretched

Yurchenko Vaults: Yurchenko with 1/1 turn, tucked and stretched

Kasamatsu Vaults: Kasamatsu tucked and stretched

Other Vaults: Round off $\frac{1}{2}$ turn on, handspring front somersault off (tucked and piked); 1/1 turn on, handspring front somersault off, tucked

Physical Preparation: for the vaults listed above

Parallel Bars Skills

Above the bar elements: Front to catch in support; $1\frac{3}{4}$ front tucked somersault to upper arm support; Healy turn; Swinging Healy turn; Flying back to Handstand; Hop forwards pirouette; Richards (Stemme cut to catch)

Below the bar elements: Under somersault to support and to handstand; Upstart clips to handstand; Backward giant with $\frac{1}{2}$ turn; Cross bar straddle or stoop in and lift to handstand

Dismounts: Double pike somersault

Physical Preparation: related to the elements listed above

Horizontal Bar Skills

Elements: Healy turn; inverted giants; Steinerman; Czech Giants. Stoop in $\frac{1}{2}$ turn out; Squat in $\frac{1}{2}$ turn out

Release and Catch Elements: Voronin; Geinger salto; Jaeger Salto; Tkatchev straddled; Hecht $\frac{1}{2}$ turn, (Markelov)

Horizontal Bar Skills (continued)

Dismounts: Double back somersault stretched; stretched back somersault with 2/1, 3/1 turns; Double back full out tucked; full in back out tucked; Tsukahara tucked: Double front somersault tucked and piked with $\frac{1}{2}$ turn

Physical Preparation: related to the elements listed above

Rebound

The safe use of the rebound situation, trampette and trampoline as an aid to teaching the gymnastics elements listed in the High Performance Coach syllabus

The safe use of the 'fast track' system for the development of tumbling elements listed in the High Performance Coach syllabus