

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

Tumbling and Floorwork:

Tumbling elements: Double back somersault tucked with 2/1 turns; Double layout with 1/1, 2/1 turns; Double Arabian somersault; fly spring or handspring double front somersault; Jump back with 1/2 turn and 3/2 somersaults stretched; side somersault 1¾ roll out; Thomas Roll; triple back somersault

Other Advance Tumbles: Recently developed or future complex elements or combinations of tumbles, including direct or counter rotation somersaults with and without twists

Physical Preparation: relative to the elements listed in the syllabus

Pommel Skills:

Flair Elements: Flair to handstand straddle down; Flair to handstand and flair down; Full spindle in one flair circle

Multiple Skills and D and E Value

Combinations: Multiple Russian Wende swings on the leather and on one or both handles. Multiple direct Stockli's on one handle; Combinations of circles, Wende swings and direct Stockli's on one handle; Tong Fei; Moguilny; Bilozerchev; and other D and E combinations. Full spindle in one circle; ½ spindle with travel

Dismounts: Reverse Stockli to handstand and with pirouette; Flair hop to handstand and with pirouette; Stockli B to handstand and with pirouette

Physical Preparation related to the elements listed above

Ring Skills:

Swing to Strength elements: Backward Stemme to inverted cross; backward Stemme to Maltese Cross or Swallow; Felge to inverted cross; and combination of strength to swing into strength elements. Li Ning Two into cross; Handstand Bail to Li Ning to cross

Swing Elements: Guczoghy piked and stretched; Csollany; Csollany 2

Dismounts: Full in, Full out; double layout with 1/1 and 2/1 turns; Triple back somersault; Double tuck/piked forward somersault with 1/2 or 3/2 turns

Physical Preparation: related to the elements listed above

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Vaulting Skills:

Handspring Vaults: Cuervo with 1/1 and 3/2 turns; handspring 2½ front; Hand spring stretched front somersault; Handspring tucked front somersault with 1/1 and 3/2 turns

Other Advanced Vaults: Tsukahara with 2/1 turns; Kasamatsu with 1/1 tucked and stretched; Yurchenko 3/2 and 2/1 turns; Tsukahara and Yurchenko 2½ saltos

Physical Preparation: for the vaults listed above

Parallel Bars Skills

Above the bar elements: 1¼ Front somersault straddled to upper arm support; 1¾ front somersault piked to upper arm support; Urzica; Stutz to one rail; 1¼ Diamidov to one rail; Flying back ½ turn (Tumulovich) Double back from support to upper arm

Underbar Skills: Tipelt; Back giant Diamidov turn; Back giant cut to catch (Korolov); Back giant double back to upper arm support

Dismounts: Double front somersault; Double Back tucked with 1/1 turn

Physical Preparation: related to the elements listed above

Horizontal Bar Skills

Release and Catch Elements: Jaeger from Elgrip; Jaeger with 1/1 turn (Winkler); Winkler from Elgrip; Stretched Tkatchev and with 1/1 turn; Kovacs tucked and stretched; Gaylord 1 and 2; Release and catch elements from and to direct combinations

Horizontal Bar Skills (continued)

Other Elements: Squat in dislocation with ½ and 1/1 turn; Czech giant ½ turn out

Dismounts: Double layout with 1/1 and 2/1 turns; Double back tucked with 2/1 turns; Triple Somersault backwards; Double front with 3/2 turns

Physical Preparation: related to the elements listed above

Rebound

The safe use of the rebound situation, trampette, trampoline and fast track system; as an aid to teaching the gymnastics elements within the International Performance Coach syllabus and other complex skills for future development