

## Men's Artistic Senior Club Coach (Cycle 5) Syllabus

### **Tumbling and Floorwork:**

**Floor Skills:** Flairs and double leg circles with  $\frac{1}{2}$  and  $1/1$  turn

**Tumbling Elements:** Hecht leap with  $\frac{1}{2}$  turn to roll (Arabian Roll); Arabian Somersault tucked and stretched; whipback, flick and somersault combinations; Double back somersault tucked/piked. Back somersault stretched with  $\frac{1}{2}$ ;  $1/1$ ;  $3/2$ ;  $2/1$  turns

Front somersault step out into various combinations. Front somersault stretched with  $\frac{1}{2}$  and  $1/1$  turn;  $1\frac{1}{4}$  front somersault; consecutive tempo front somersaults tucked and stretched

**Physical Preparation:** related to the elements listed above

### **Pommel Skills:**

**Straddled swings:** Shear forward with  $\frac{1}{2}$  turn; shear forward with hop travel

**Cross Support Swings:** Forward and Backward travels in cross support on a low horse with handles; Circles between the handles; circles on one handle; Combinations of circles and stockli on one handle

**Swing elements:** Sideways travel out and inwards; Kreiskehre (rear in/rear out); Wendeswing; Czechkehre; Double Swiss, Stockli backwards; Direct Stockli A, Direct Stockli B;  $\frac{1}{2}$  spindle in circle and flair

**Dismounts:** Wende-Schwabenflank; Czechkreiswende; Stockli backwards direct Schwaben flank; Circle and straddle to handstand

**Physical Preparation** related to the elements listed above

### **Ring Skills:**

**Static Elements:** Top Planche; Russian Lever; Cross;  $\frac{1}{2}$  Lever Cross

**Handstands:** straight body bent arm press to handstand

**Dynamic Elements:** Stemme forwards to support; Upstart to  $\frac{1}{2}$  lever; Stemme backwards to straddled support; Stemme backwards to handstand; Forward bail from handstand into consecutive inlocations towards handstand; Forward Giant; Backward bail from handstand into consecutive dislocations towards handstand; Backward Giant

**Dismounts:** Dynamic swing into Felge through support as a dismount preparation; Double back somersault tucked; Stretched back somersault with  $\frac{1}{2}$  and  $1/1$  turn; Stretched front somersault with  $\frac{1}{2}$  and  $1/1$  turn

**Physical Preparation:** related to the elements listed above

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### **Vaulting Skills:**

**Handspring Vaults:** Handspring 1/1 turn; handspring front somersault tucked/piked.

**Tsukahara:** tucked and stretched.

**Yurchenko:** tucked and stretched.

**Kasamatsu Preps:** ¼ on ¼ off front somersault.

**Philosophy:** regarding the careful selection of vaults according to the ability of the gymnast

**Physical Preparation:** for the vaults listed above

### **Parallel Bars Skills:**

**Elements in Support:** Reverse pirouette; Back Stemme to handstand; back up cut to catch; Backward Stutz; Forward Stutz; Diamidov

**Elements in Hang:** Cast to support; Bail Moy to catch; handstand bail with straight legs into Moy to catch in upper arm, Backward Giant swing

**Dismounts:** Stretched back somersault with ½ and 1/1 turn. Stretched front somersault with ½ and 1/1 turn; Back somersault from hang off the end of the bars with ½ and 1/1 turn; Double back tucked; Double back tucked at the end of the bars from hang

**Physical Preparation:** related to the elements listed above

### **Horizontal Bar Skills:**

**Elements with grip change:** Forward and backward Giant swings. Hop changes at the front and rear into handstand; hop ½ turns; Blind change; top change; Geinger turn.

**Close Bar Elements:** Endo circle to handstand/ with ½ turn; Stalder circle to handstand/with ½ turn; Stoop in and dislocation.

**Polished Bar/Loops and Gloves:** Hecht action; Czech Giants; Inverted Giant Swings.

**Dismounts:** Stretched back somersault with ½, 1/1 turn; stretched forward somersault with ½, 1/1 turn; Double back somersault tucked and piked

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### **Rebound:**

The safe use of the rebound situation (Trampette and trampoline) as an aid to teaching the elements listed in the Senior Club Coach syllabus

### **Dance and Choreography:**

#### **Ballet/Dance Barre Movements:**

Recognition and development of ballet class barre programmes and routines for gymnastics training

**Jumps, Leaps and Turns:** Chassé; coupé; changement; sauté en première; jeté, scissonné pirouettes, grand jeté; fouette

**Choreography:** The choreographic construction of routines with consideration of: variation in level, rhythm, tempo and effective use of space

