

## TeamGym High Performance Coach (Cycle 5) Syllabus

### Elements:

Handspring front salto  
Yamasita with 180° turn  
Yamasita with 360° turn  
Tsukahara with 1/1 turn  
Cuervo  
Kasamatsu  
Back salto with 3/1 turn  
Double layout back salto  
Back in full out  
Tsukahara (½ in ½ out)  
Full back out  
Whip back to double back  
Whip back, salto ½ turn  
Whip back into salto 3/2 turns  
Whip back, salto 2/1 turns  
Front salto 3/2 turns  
Front salto with 2/1 turns  
Stretched front (x2) front with 1/1 turn  
Front 1/1 turn, stretched front (x2)  
Back salto ½ turn, front 3/2 turns

### Elements (continued):

Double straight front salto  
Straight front with 90° turn  
Straight front with 180° turn  
Front half back out