

Women's Artistic High Performance Coach (Cycle 6) Syllabus

Vault Skills:

Handspring forwards somersault
Tsukahara with full turn
Kasamatsu
Yurchenko with 1/1 turn
Round off ½ turn on forwards somersault off

Bar Skills:

Inverted giant
Stalder 1/1 turn
Toe on and off ½ and 1/1 turn
Stoop in and out to handstand
Gienger somersault
Jaeger somersault
Tkatchev
Pak somersault
Shaposhkinova
Backwards somersault with 2/1 twist
Double back layout
Double backwards somersault tucked with 1/1 turn

Bar Skills continued:

Double forwards somersault
Double forwards somersault with ½ turn

Beam Skills:

Forwards somersault into immediate acro/
dance element
Flic with 1/1 twist and korbut with 1/1 twist
Hand support flight elements with ½ turn flic
½ twist walkover out
Flic with ½ turn
Forwards somersault with ½ turn
Round off 2 ½ twisting backwards somersault
Backwards somersault with 1½ and 2/1 twists
Double backwards somersault - tucked and
piked

Floor Skills:

Backwards somersault with triple twist
Double layout backwards somersault
Back in full out
Tsukahara (½ in, ½ out)
Whip into backwards somersault 3/2 turns
Double arabian somersault tucked or piked

Dance Elements (Beam and Floor):

Yang bo
Wolf jump or hop 1 ½ turn
Change leg ¼ and ½ turn

**Trampoline can be used as a training aid to develop any skill on the syllabus.*