

Women's Artistic Level 3 (Cycle 7) Syllabus

Technical Module 1

Analysing Skills:

The straddle lift to handstand

The float upstart

Two skills for the learner to analyse:
handspring vault and short clear circle
to handstand

Vault Skills:

Straight forwards somersault to stand
onto safety mat

Handspring to stand on platform

Handspring 1/1 turn in 2nd flight

Tsukahara preparation

Tsukahara

Yurchenko preparation

Yurchenko

Technical Module 2

Backwards Tumbling:

Backwards roll to handstand with $\frac{1}{2}$
and 1/1 turn

Series of flics from round off

Round off flic tucked piked or stretched
backwards somersault

Round off whip back and flic, whip back

Backwards somersault with 180° and
360° turn

Supporting techniques leading to double
backwards somersault

High Bar Skill:

Backwards giant on polished bar and chalk bar

Forwards giant on polished bar and chalk bar

Swing $\frac{1}{2}$ turn

Stretched backaway dismount

Stretched forwards somersault dismount

Technical Module 3

Forwards Tumbling:

Forwards somersault tucked and piked

Stretched forwards somersault and with
180° turn

Handspring flyspring forwards somersault
tucked or stretched

Forwards somersault walkout into
handspring or round off

Arabian somersault tucked piked or stretched

Low Bar Skills:

Clear hip circle to handstand

Upstart cast to handstand with top
change-reverse turn

Stalder and endo swings on polished bar

Sole circle catch high bar from stoop on action

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Technical Module 4

Beam Skills:

Leaps onto end or side of beam
Two footed stretched jump on end or side of beam
Forwards roll onto end of beam
Straddle lever press to handstand
Backwards walkover into different jumps
Backflic to two feet, split leg backflic
Gainer flic
Korbut flic
Linking backwards walkover with flic
Backwards somersault
Forwards somersault dismount
Round off into stretched backwards somersault dismount
Training on beam – beam complex
Using beam for strength and range of movement

Dance and Choreography:

Dance and choreographic elements
Jumps for beam and floor
Split leap
Straddle Jump
Sissone
W jump, straddle jump and split leap
W jump, straddle and split jump with 1/1 turn
1/1 turning cat leap
Change leg leap
Change leg $\frac{1}{4}$ turn
Shoushonova
Floor complex

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