

Women's Artistic Senior Club Coach (Cycle 6) Syllabus

Vault Skills:

Handspring forwards somersault tucked, piked and stretched

Tsukhara tucked, piked and stretched

Yurchenko tucked, piked and stretched

Asymmetric Bar Skills:SW

Hop ½ turn

Blind change

Top change

Gienger turn

Backwards giant full turn

Endo circle to handstand and with ½ turn

Stalder circle to handstand and with ½ turn

Late 'in' and late 'on' actions for straddle and stoop actions

Undershoot ½ turn to catch low bar

Clear hecht to catch high bar

Stalder or toe on to catch high bar (Mo & Ray)

Stretched backwards somersault dismount with 1/1 turn (backaway with 1/1 twist)

Asymmetric Bar Skills continued:

Stretched forwards somersault dismount with ½ or 1/1 twist (front away)

Double backwards somersault dismount tucked or piked

Shoot front from toe action

Beam Skills:

Round off flic mount

Tucked forwards somersault mount

Free cartwheel

Free walkover

Forwards somersault tucked

Sideways somersault

Flics in a series and flic layout somersault

Free walkover flic/forwards somersault korbust (linking forwards and backwards flight elements)

Forwards somersault with 1/1 turn dismount

Backwards somersault with 1/1 and 1½ twists dismount from round off or back flic

Tumbling and Floor Work:

Whip flic and backwards somersault combinations

Double backwards somersault tucked or piked

Backwards somersault stretched with 1½, 2/1 and 2½ twist

Advanced Combination Tumbles:

Round off flic backwards somersault 1½ twist step out, to punch front to flyspring

Forwards somersault stretched with 1/1 and 1½ twist

Consecutive forwards somersaults in combination, tucked and stretched

Handspring, forwards somersault with 1/1 twist, flyspring

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Dance Elements for Beam and Floor:

Change leg ring leap

Sheep jump

Illusion turns

3/1 spin and spin with free leg above
the horizontal

2/1 leg held in forwards upward split

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