

## Women's Artistic Club Coach (Basic) (Cycle 5) Syllabus

### **Dance and choreography:**

Basic feet and arm positions  
Basic classical dance exercises  
Dance elements including: chassé, split leaps, pivot turns and spins

### **Vault skills:**

Run up and take off, landing drills  
 $\frac{3}{4}$  somersault to back lie  
Handspring to back lie and handspring vault

### **Bar skills:**

Clear hip circle  
Upstarts, float and short  
Upstart to handstand and cast to handstand  
Sole circle

**High bar work:** handgrips, traversing along the bar, body shaping, trolley swing, dismount technique

Squat on low bar jump to high bar

**Polished bar skills:** working in gloves and loops

Back giant

Forward giant

Undershoot from front support and from standing

Undershoot for sole support piked and straddled

### **Beam skills:**

Walk runs and pivots

Changing levels: from sit to stand, astride sit, swing to squat on

Handstand on beam

Basic skills on beam including adapting hand and foot positions

The forward roll, backward roll, cartwheel, backwards and forwards walkovers

Cartwheel back somersault dismount

Spending time on the beam

Beam complexes

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### Floor skills:

**Levers:** Russian, straddle lever and top planche

Splits and box splits

Straddle lever lift to handstand

Backward roll to handstand

Flighted forward roll

Headspring

Handspring

Flyspring

Handspring, flyspring combination

Free cartwheel

Free walkover

Back flick

Round off

Round off back flick,  
including cartwheel back flick

Round back flick back somersault

Front somersault

### Jumps and leaps for beam and floor skills:

Split leap

Stretched jump

Stretched jump with turn leading to 2/1 turn

Split, stag, tuck, straddle and W jumps

Straddle jump with 1/1 turn

Sissone

Arabesque

Floor complex

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