

## Women's Artistic High Performance Coach (Cycle 5) Syllabus

### Vault Skills:

**Handspring Vaults:** Cuervo tucked (handspring  $\frac{1}{2}$  turn back salto tucked) Handspring front salto tucked and piked/ with  $\frac{1}{2}$  turn.

**Tsukahara Vaults:** Tsukahara with 1/1 turn, tucked and stretched;

**Yurchenko Vaults:** Yurchenko with 1/1 turn, tucked and stretched.

**Kasamatsu Vaults:** Kasamatsu tucked and stretched.

**Other Vaults:** Round off  $\frac{1}{2}$  turn on, handspring front somersault off (tucked and piked); 1/1 turn on, handspring front somersault off, tucked

### Asymmetric Bar Skills:

**Elements:** Healy turn; Elgrip giants; inverted giants. Back Giant 1/1. Free circle forwards with bar behind into elgrip / inverted giants.

### Asymmetric Bar Skills continued:

**Release and Catch Elements:** Back straddle over low bar to catch in handstand; clear hip circle Hecht to catch high bar; Voronin; Geinger salto; Jaeger Salto; Tkatchev straddled; Hecht  $\frac{1}{2}$  turn; Shaposhnikova; Pak salto.

**Dismounts:** Double back somersault stretched; stretched back somersault with 2/1, 3/1 turns; Double back full out tucked; full in back out tucked; Tsukahara tucked; Double front somersault from swing in hang tucked and piked/with  $\frac{1}{2}$  turn).

### Beam Skills:

**Mounts:** Two and three elements combination from elements within preceding syllabus (i.e. round off, back flick, back somersault).

**Jumps and Leaps:** With 360° or more turns and C and D category jumps.

**Acrobatics:** Forward and backward somersaults with  $\frac{1}{2}$ , 1/1 turn. Direct combination of somersaults:

### Beam Skills continued:

**Dismounts:** Front and backward somersault with 3/2 and 2/1 turns. Double back somersault (tucked/piked) from round off or back flick. Double front somersault tucked.

### Tumbling and Floorwork:

**Jumps and Leaps:** with 360° or more turns and other D category jumps

**Backward Somersaults:** back somersault with 3/1 turns; Double layout; Double back with 1/1 out; Tsukahara; full in back out tucked; whip back into double tuck salto: whip back into back salto with 1/2, 3/2, 2/1 turns.

**Forward Somersaults:** front somersault stretched with 3/2 and 2/1 turns; stretched front, stretch front, front 1/1 combinations.

**Combination Tumbles:** back salto 1/2 turn into punch front with 1/1 and 3/2 turns; back salto punch front; back salto with 1/1 into punch front.