

Women's Artistic International Performance Coach (Cycle 5) Syllabus

Vault Skills:

Handspring Vaults: Cuervo with 1/1 and 3/2 turns; handspring 2½ front; Hand spring stretched front somersault; Handspring tucked front somersault with 1/1 and 3/2 turns.

Other Advanced Vaults: Tsukahara with 2/1 turns; Yurchenko 3/2 and 2/1 turns, Yurchenko 2½ salto

Asymmetric Bar Skills:

Release and Catch Elements: Jaeger from Elgrip; Jaeger with 1/1 turn; Jaeger with 1/1 turn from Elgrip; Stretched Tkatchev and with 1/1 turn; Mo; Release and catch elements from and into direct combination.

Other Elements: Stoop in to support free forward circle with bar behind shoot with ½ and 1/1 turn.

Dismounts: Double layout with 1/1 and 2/1 turns; Double back tucked with 2/1 turns; Double front with 3/2 turns; Undershoot 2½ front with ½ turn.

Beam Skills:

Mounts: Forward and backward somersaults with ½, 1/1 turn.

Beam: Any combinations of skills from the Code of Points.

Acrobatics: Advanced combinations of somersaults with 1/1 turn, changes in direction, and original combinations.

Dismounts: Triple back somersault; double layout somersault; double back tucked with 1/1, 3/2, 2/1; Double front with ½ turn. Handspring double front; Double Arabian somersault; Back somersault with 3/1 turns.

Tumbling and Floorwork:

Tumbling elements: Double back somersault tucked with 2/1 turns; Double layout with 1/1, 2/1 turns; Double Arabian somersault; fly spring or handspring double front somersault; Jump back with 1/2 turn and 3/2 somersaults stretched; triple back somersault;

Other Advance Tumbles

Recently developed or future complex elements or combinations of tumbles, including direct or counter rotation somersaults with and without twists.

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