

Women's Artistic Senior Club Coach (Cycle 5) Syllabus

Vault Skills:

Handspring 1/1 turn; handspring front somersault tucked/piked.

Tsukahara: tucked and stretched.

Yurchenko: tucked and stretched

Kasamatsu Preps

Asymmetric Bar Skills:

Elements with grip change: Forward and backward giant swings; Hop changes at the front and rear into handstand; hop ½ turns; Blind change; top change; Geinger turn, other half turns from forward and backward giant swings; Swing forwards in hang on High bar ½ turn to catch low bar. Back straddle from swing on High Bar to recatch low bar.

Close Bar Elements: Endo circle to handstand/ with ½ turn; Stalder circle to handstand/ with ½ turn; Stoop on and off to handstand/ ½ turn.

Polished Bar / Loops and Gloves: Hecht and Jaeger action; Elgrip Giants; Inverted Giant Swings.

Asymmetric Bar Skills continued:

Dismounts: Stretched back somersault with ½, 1/1 turn; stretched forward somersault and with ½, 1/1 turn; Double back somersault tucked and piked. Sole circle front salto/½ turn.

Beam Skills:

Mounts: Jump or lift to handstand/walkover/ forward roll / ½ turn step down; Round off flick; Forward somersault tuck/piked; From round off back somersault tucked/piked/ stretched.

Jumps and Leaps: With 90° and 180° turns, straddle jump sideways and C category jumps which include 180° turn.

Acrobatics: Free cartwheel; free walkover; front somersault tucked; side somersault; Round off on the beam; round off back flick; combinations of back flicks; Round off and Round off back flick back somersault (tucked/ piked/stretched).

Combinations: Of acrobatic skills and leaps contained within the syllabus.

Beam Skills continued:

Dismounts: Forward and backward somersaults with ½ and 1/1 turn

Tumbling and Floor Work:

Jumps and Leaps: With 180° turns.

Tumbling Elements: Hecht jump with ½ turn to roll (Arabian Roll); Back flick 1/1; 1/1 handspring; Arabian Somersault stretched; whipback, flick and somersault combinations; Double back somersault tucked/piked. Back somersault stretched with ½; 1/1; 3/2; 2/1 turns.

Front salto handspring front salto

Front salto step out into various combinations

Front somersault stretched with ½ and 1/1 turn

Consecutive tempo front somersaults tucked and stretched:

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Dance and Choreography:

Ballet/Dance Barre Movements:

Recognition and development of ballet class barre programmes and routines for gymnastics training.

Jumps, Leaps and Turns: Chassé; coupé; changement; sauté en première; jeté, scissonné pirouettes, grand jeté; fouette.

Choreography: The choreographic construction of routines with consideration of: variation in level, rhythm, tempo and effective use of space.

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