

Women's Artistic Club Coach (Cycle 5) Syllabus

Dance and Choreography:

Dance and choreographic elements

Jumps for beam and floor

- Split leap
- Sissone
- Straddle Jump
- Split leap

Vault Skills:

Handspring to stand on platform

Handspring 1/1 twist

Tsukahara preparation (round off over horse to stand/flatback lie on a high platform)

Yurchenko preparation (round off onto the board, back handspring to stand/flatback lie on platform)

Beam Skills:

Mounts: Jumps and leaps without turns onto end and side of beam

Beam Skills continued:

Forwards roll onto end of beam

Straddle lever press to handstand

Acrobatics: Linking backwards walkover with different jumps, sissone, stretched

Back flick to two feet and split leg back flick finishing in lunge

Gainer flick

Korbut flick

Linking backwards walkover with flic

Dismounts: Forwards somersault

Round off into stretched back somersault

Training on beam: Ability to teach simple complex work on the beam involving dance activities and basic skills

Tumbling and floorwork:

Handstands: Backwards roll to handstand with straight arms with ½ turn and 1/1 turn

Dynamic movements: Series of back flicks, round off series of back flicks

Tumbling and floorwork continued:

Round off back flick back salto tucked piked/stretched

Round off whip back and flick whip back salto

Round off back flick stretched back somersault with ½ twist, 1/1 twist

Forward somersault, tucked, piked, stretched and stretched with ½ twist

Handspring front salto; flyspring front salto - tucked and stretched

Tucked front salto step out into handspring and round off

Arabian somersault tucked, piked, stretched

Dance elements for beam and floor:

Jumps and leaps: W jump

Straddle and split jump with ½ twist and 1/1 turn

1/1 turning cat leap

Change leg leap: Change leg leap turn

Shoushonova

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