

Women's Artistic Level 2

Vault skills:

Run up and take off, landing drills	Straight forwards somersault to stand onto safety mat
$\frac{3}{4}$ somersault to back onto a safe landing	Handspring to stand on platform
Handspring to back lie and handspring vault	Handspring 1/1 turn in 2nd flight
Jumps and landings from platforms of varying height, taking due care and attention of the age and stage of development of the participants. Jumps to include previously learned body shapes moving forwards and backwards	Tsukahara preparation
	Tsukahara
	Yurchenko preparation
	Yurchenko

Women's Artistic Level 3

Vault Skills:

Women's Artistic Senior Club Coach

Vault Skills:

Handspring forwards somersault tucked, piked and stretched	Handspring forwards somersault
Tsukahara tucked, piked and stretched	Tsukahara with full turn
Yurchenko tucked, piked and stretched	Kasamatsu
	Yurchenko with 1/1 turn
	Round off $\frac{1}{2}$ turn on forwards somersault off

High Performance Coach

Vault Skills:

Women's Artistic Level 2

Beam skills:

Adaptations for hands, feet and transferring skills from floor to beam:
Walk runs and pivots
Changing level: from sit to stand, astride sit, swing to squat on
Handstand on beam - cross and side positions
Basic skills on beam, cartwheel, forwards and backwards walkovers, lunge shape for landing
$\frac{3}{4}$ turn to backwards somersault dismount

Women's Artistic Level 3

Beam Skills:

Leaps onto end or side of beam
Two footed stretched jump on end or side of beam
Forwards roll onto end of beam
Straddle lever press to handstand
Backwards walkover into different jumps
Backflic to two feet, split leg backflic
Gainer flic, Korbut flic
Linking backwards walkover with flic
Backwards somersault
Free cartwheel, Free walkover
Forwards somersault tucked
Sideways somersault
Forwards somersault dismount
Round off into stretched backwards somersault dismount
Training on beam - beam complex
Using beam for strength and range of movement

Women's Artistic Senior Club Coach

Beam Skills:

Round off flic mount
Tucked forwards somersault mount
Free cartwheel
Free walkover
Forwards somersault tucked
Sideways somersault
Flics in a series and flic layout somersault
Free walkover flic/forwards somersault korbut (linking forwards and backwards flight elements)
Forwards somersault with 1/1 turn dismount
Backwards somersault with 1/1 and 1 $\frac{1}{2}$ twists dismount from round off or back flic

Women's Artistic High Performance Coach

Beam Skills:

Forwards somersault into immediate acro/dance element
Flic with 1/1 twist and korbut with 1/1 twist
Hand support flight elements with $\frac{1}{2}$ turn flic $\frac{1}{2}$ twist walkover out
Flic with $\frac{1}{2}$ turn
Forwards somersault with $\frac{1}{2}$ turn
Round off 2 $\frac{1}{2}$ twisting backwards somersault
Backwards somersault with 1 $\frac{1}{2}$ and 2/1 twists
Double backwards somersault - tucked and piked

Women's Artistic Level 2

Bar skills:

Low bar skills: Clear hip circle backwards; clear hip circle to float; short and float upstarts; upstart to handstand; cast to handstand in undergrasp and overgrasp; stoop and straddle sole circle	Backwards giant on polished bar and chalk bar
	Forwards giant on polished bar and chalk bar
High bar skills: Various types of handgrip; body shaping (arch to dish); traversing along the bar; cast from hang into basic swing (trolley swing); correct dismounting technique; recovery skills	Swing ½ turn
	Stretched backaway dismount
	Stretched forwards somersault dismount
Transitions: Squat on low bar jump to hang/swing on high bar	
Polished bar skills: Shaped swings with amplitude towards the vertical and supported swings passing over the bar in gloves and loops; forwards and backwards giants in gloves and loops	Low Bar Skills:
	Clear hip circle to handstand
Dismounts: Undershoot from front support; undershoot from straddle/stoop on	Upstart cast to handstand with top change-reverse turn
	Stalder and endo swings on polished bar
	Sole circle catch high bar from stoop on action

Women's Artistic Senior Club Coach

Asymmetric Bar Skills

Hop ½ turn	Inverted giant
Blind change	Stalder 1/1 turn
Top change	Toe on and off ½ and 1/1 turn
Gienger turn	Stoop in and out to handstand
Backwards giant full turn	Gienger somersault
Endo circle to handstand and with ½ turn	Jaeger somersault
Stalder circle to handstand and with ½ turn	Tkatchev
Late 'in' and late 'on' actions for straddle and stoop actions	Pak somersault
Undershoot ½ turn to catch low bar	Shaposhkinova
Clear hecht to catch high bar	Backwards somersault with 2/1 twist
Stalder or toe on to catch high bar (Mo & Ray)	Double back layout
Stretched backwards somersault dismount with 1/1 turn (backaway with 1/1 twist)	Double backwards somersault tucked with 1/1 turn
Stretched forwards somersault dismount with ½ or 1/1 twist (front away)	Double forwards somersault
Double backwards somersault dismount tucked or piked	Double forwards somersault with ½ turn
Shoot front from toe action	

Women's Artistic Level 3

High Bar Skills:

Women's Artistic Level 2

Floor skills:

Static elements and advanced levers: russian lever; top planche. Development of sideways/forwards splits and japana; japana through side splits to front prone lying Handstands: Straddle lift to handstand; backwards roll to front support; backwards roll to handstand with straight arms Dynamic movements: Flighted forwards roll, headspring, handspring; flyspring and combinations of these skills, free cartwheel – free walkover, flic, round off, running forwards somersault tucked, round off flic, backwards somersault tucked Physical Preparation: As a pre-requisite to the elements listed above	Backwards roll to handstand with ½ and 1/1 turn
	Series of flics from round off
	Round off flic tucked piked or stretched backwards somersault
	Round off whip back and flic, whip back
	Backwards somersault with 180° and 360° turn
	Supporting techniques leading to double backwards somersault
	Forwards Tumbling:
	Forwards somersault tucked and piked
	Stretched forwards somersault and with 180° turn
	Handspring flyspring forwards somersault tucked or stretched
	Forwards somersault walkout into handspring or round off
	Arabian somersault tucked piked or stretched

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Tumbling and Floor Work:

Whip flic and backwards somersault combinations	Backwards somersault with triple twist
Double backwards somersault tucked or piked	Double layout backwards somersault
Backwards somersault stretched with 1½ 2/1 and 2 ½ twist	Back in full out
Advanced Combination Tumbles:	Tsakahara (½ in, ½ out)
	Whip into backwards somersault 3/2 turns
	Double arabian somersault tucked or piked
Round off flic backwards somersault 1½ twist step out, to punch front to flyspring	
Forwards somersault stretched with 1/1 and 1½ twist	
Consecutive forwards somersaults in combination, tucked and stretched	
Handspring, forwards somersault with 1/1 twist, flyspring	

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Backwards Tumbling:

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Floor Skills: