

# Boys Beginner

**Boys Beginner** (Ages 6+) Each gymnast will master the basic skills that are introduced in the Boys Basics class and continue to build strength. Each gymnast will gain a great deal of body control and spatial awareness through flipping, rolling, and tumbling. This class is designed to prepare each gymnast to begin to work the more difficult skills done in Men's Gymnastics. Strength continues to be a heavy emphasis in this class while teaching the importance of flexibility to create the ideal well-rounded athlete.

## Floor

1. Headstand to Handstand
2. Press Headstand
3. Handstand Hop
4. Bent Arm Back Extension Roll
5. Bridge Kickover (assisted down incline)
6. Handstand Forward Roll
7. Cartwheel - Cartwheel
8. Round Off
9. Walk on hands - 5 to 10 steps

## Pommels

1. Leg Cut
2. Leg Cut Dismount
3. Flank Vault Dismount \*\*

## Mushroom

1. 1 Circle
2. 1 and a half circles \*\*

## Rings

1. Flyaway
2. Back roll from support to pike
3. 'L' hold to swings

## Vault

1. Handstand to back

## Parallel Bars

1. Swing Handstand with spot
2. Straddle Travel (no feet)
3. Back swing dismount
4. Dip

## High Bar

1. Pull Over
2. Cast - Undershoot
3. Casts - 5 times
4. Chin Up Hold - 10 counts
5. Forward Roll to 'L'
6. Swing hops