

Boys Intermediate

Boys Intermediate (Ages 6+) By the time they progress to this class each athlete is a well-experienced gymnast. By now they are fully prepared to learn more technical gymnastics and we focus on teaching them to do these new skills correctly and safely. Handstands and cartwheels are still worked, but are usually done as a warm up while more advanced skills are being taught such as handsprings, and round offs. As in the other classes, we continue our strength building program while allowing these young men to experience the true nature of Men's Gymnastics.

Floor

1. Press Handstand**
2. Handstand Hop Forward Roll
3. Round Off
4. Back extension roll to handstand
5. Bridge Kickover (unassisted w/ block)
6. Back Handspring

Pommels**

1. False Scissors

Mushroom**

2. Multiple Circles

Rings

1. Flyaway (layout)
2. Muscle Up

Vault

1. Handstand to back
2. Front Handspring
3. Front Tuck up to 8 inch

Parallel Bars

1. Swing Handstand with spot
2. Flank dismount
3. Back swing dismount
4. Dip

High Bar

1. Half Turns
2. Half Turn Dismount
3. Back Hip Circle
4. Flyaway (with spot)