



**Fundamentals PREP**

	Vault	Prep	Prep Extend
1.	Jump	Motor bike jump off 30cm height	Straight jump off 30cm height
2.	Rebound	Rebound Jumps on Beat Board x 5	Rebound Jumps on Beat Board x 5
3.	Hoops	Jumps in Hoops x 4	Hops in Hoops x 4

	Bars	Prep	Prep Extend
1.	Support skill	Front support	Front support
2.	Rotation	Forward roll	Forward roll
3.	Statics	Tuck Hang	
4.	High Bar	Long Hang	Long Hang travelling along bar (Monkey swings)
5.	Dismount	Dismount to Motor bike	Dismount to Motor bike

	Rings	Prep	Prep Extend
1.	Mount	Long Hong	Long Hong
2.	Statics	Tuck Hang	Tuck Hang
3.		Star Hang	Star Hang
4.		Long Hang	Long Hong
5.	Dismount	Dismount to Motor bike	Dismount to Motor bike

	Beam	Prep	Prep Extend
1.	Locomotion 1	Angry Cat crawling to spot	Angry Cat crawling to spot
2.	Static Hold		Pivot hold
3.	Locomotion 2	Forward steps to the end of the beam	Forward steps to the end of the beam
4.	Dismount	Straight Jump dismount off the end of the beam	Straight Jump dismount off the end of the beam

	PBars	Prep	Prep Extend
1.	Mount	Jump to front support	Jump to front support
2.	Locomotion	Bear Walk x 4	Bear Walk x 4
3.		Crab Walk x 4	Crab Walk x 4
4.	Dismount	Front support dismount to Motor Bike	Front support dismount to Motor Bike

	Routine	Prep	Prep Extend
1.		Tuck sit, L-sit, Star Sit Rocking horse to stand  Bunny Hops over bench Log rolls along line Forward roll down incline	Tuck sit, L-sit, Star Sit Rocking horse to stand  Bunny Hops over bench Log rolls along line Forward roll down incline



**Fundamentals BRONZE**

	Vault	Bronze	Bronze Extend
1.	Rebound/Hurdle	Box to Board to Box - 3 x rebound jumps	Box to Board to Box - Straight jump
2.	Handstand skill	Park the Car (5 seconds)	Park the Car (5 seconds)
3.	Landings	Straight jump off 45cm	Straight jump off 45cm
	Bars	Bronze	Bronze Extend
1.	Swings	From dish, Tuck swings x 3	From dish, Tuck swings x 3
2.	Support skill	Jump to Front support with straight arms	Jump to Front support with straight arms
3.	Rotation	Forward Roll to Tuck Hang (3 seconds)	Forward Roll to Tuck Hang (3 seconds)
4.	Dismount	Dismount to Motor bike	Dismount to Motor bike

	Rings	Bronze	Bronze Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Statics	Tuck hang (3 seconds)	Tuck hang (3 seconds)
3.		Long Hang (3 seconds)	Long Hang (3 seconds)
4.	Swings	Small swings x 3	Small swings x 3
5.	Dismount	Dismount to Motor bike	Dismount to Motor bike

	Beam	Bronze	Bronze Extend
1.	Mount	Mount-, Tuck Stand, rise to Presentation Stand	Mount-, Tuck Stand, rise to Presentation Stand
2.	Locomotion	Side Steps to the spot	Pivot Steps to the spot
3.	Static Hold	Pivot hold (3 seconds)	Releve hold (3 seconds)
4.	Locomotion	Gymnastic Fwd steps to the end of the beam	Gymnastic Fwd steps to the end of the beam
5.	Dismount	Straight Jump dismount off the end of the beam	Star Jump dismount off the end of the beam

	Floor	Bronze	Bronze Extend
1.	Routine	Starting Pose- Egg Roll Angry Cat, Front Support, twist to Back Support L-Sit, Candle Stick to stand Forward Roll to Tuck Scorpion Kick Steps Hops X2 Straight Jump Finishing Pose- kneel	Starting Pose- Egg Roll Angry Cat, Front Support, twist to Back Support L-Sit, Candle Stick to stand Forward Roll to stand Scorpion Kick Steps Hops X2 Straight Jump Finishing Pose- kneel



## Launch Pad Routines

### Fundamentals SILVER

	Vault	Silver	Silver Extend
1.	Rebound/ Hurdle	Box to Board to Box – Straight jump to 45cm	Box to Board to Box – Straight jump
2.	Handstand skill	Handstand heel drives on trampette x 5	Handstand heel drives on trampette x 5
3.	Landing	Backward Straight jump off block	Backward Straight jump off block

	Bars	Silver	Silver Extend
1.	Swings	Tuck Swings x 3	Tuck Swings x 3
2.	Rotation	Pullover kick off block or wedge	Pullover kick off block or wedge
3.	Casts	Casts x 2	Casts x 2
4.	Rotation	Forward Roll to Tuck hang (3 seconds)	Forward Roll to Tuck hang, through pike (3 seconds)
5.	Dismount	Dismount to motor bike	Dismount to motor bike

	Rings	Silver	Silver Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Static Skills	Split Hang (3 seconds)	Split Hang (3 seconds)
3.	Swings	Bent knee swings x 3, swing to	Small swings x 3, swing to
4.	Static skills	Inverted Tuck (3 seconds) Roll down to..	Inverted Tuck (3 seconds) Roll down to...
5.		Long Hang (3 seconds)	Long Hang (3 seconds)
6.	Dismount	Dismount to motor bike	Dismount to motor bike

	Beam	Silver	Silver Extend
1.	Mount	Front Support, Star Sit, swing to Squat, stand	Front Support, Star Sit, swing to Squat, stand (with straight legs)
2.	Static skills	Presentation Stand (3seconds)	Presentation Stand (3seconds)
3.		Small Scale balance (3 seconds)	Small Scale balance (3 seconds)
4.	Locomotion	Releve steps (arms down) x 4	Releve steps (arms down) x 4
5.	Handstand skill	Small Bunny Hop	Bunny Hop to vertical
6.	Dismount	Tuck Jump dismount	Tuck Jump dismount

	Floor	Silver	Silver Extend
1.	Routine	Star Cartwheel (Jump to side) Forward Roll, Straight Jump Step Kicks X 2 Pivot Turn Half Handstand Tuck Jump Finishing Pose	Star Cartwheel (Jump to side) Forward Roll, Bunny Hop Step Kicks X 2 Pivot Turn Half handstand to vertical Tuck Jump Finishing Pose

## Launch Pad Routines



# FISHERMEN'S BEND GYMNASTICS

## Fundamentals GOLD

	Vault	Gold	Gold Extend
1.	Rebound/ Hurdle	Hurdle, Straight Jump (30cm)	Hurdle, Straight Jump (30cm)
2.	Handstand Skill	Kick to Handstand on Beat board (Coach catches gymnast) – exit step down	Kick to Handstand on Beat board (Coach catches gymnast) – exit step down

	Bars	Gold	Gold Extend
1.	Swings	Glide Swing on cylinder	Glide swing from box
2.	Rotation	Pullover	Pullover
3.	Stride support	Leg cut to stride support, return	Leg cut to stride support, return
4.	Rotation	Forward roll through Candle to tuck (3 seconds)	Forward roll through Candle to tuck (3 seconds)
5.	Dismount	Dismount to motorbike	Dismount to motorbike

	Rings	Gold	Gold Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Statics	Tuck Hang (3 seconds)	Tuck Hang (3 seconds)
3.	Swings	3 swings to basket hang (3 seconds)	3 swings to basket hang (3 seconds)
4.	Statics	Lift to candle (3 seconds), return to Basket	Lift to candle (3 seconds), return to Basket
5.		Candle hold (3 seconds)	Candle hold (3 seconds)
6.	Dismount	Straight leg backward roll from basket to land	Straight leg backward roll from basket to land

	Beam	Gold	Gold Extend
1.	Mount	Front Support, Star Sit, swing to Kneeling Scale, Angry Cat, Front Support	Front Support, Star Sit, swing to Kneeling Scale, Angry Cat, Front Support
2.	Static Hold	Presentation stand	Presentation stand
3.	Locomotion	Step Kicks x 4	Step Kicks x 4
4.	Jump	Kangaroo Jump	Straight Jump
5.	Handstand	Small Handstand of beam	Small Handstand of beam
6.	Spin	Releve Half turn	Squat Half turn
7.	Locomotion	Backward steps x 4	Backward steps x 4
8.	Dismount	Backward straight jump off beam	Assemble jump off beam

Floor	Silver	Silver Extend
Routine	Starting Pose- Straight Jump, Star Jump. Forward Roll X2 Cartwheel to star Lunge towards Handstand Pose- click fingers once Slide lunge to the side Backward Roll to Tuck down triangle Finishing Pose-seal, kick legs	Starting Pose- Jump Half Turn Forward Roll X2 Cartwheel to lunge Grape vine steps Lunge towards Handstand Pose- click fingers once Slide lunge to the side Backward Roll on floor Finishing Pose-seal, kick legs



**Skills BRONZE**

	Vault	Bronze	Bronze Extend
1.	Rebound/ Hurdle	Small run, straight jump to 45cm	Small run, straight jump to 45cm
2.	Handstand skill	Kick to handstand on panel mat	Kick to Handstand flatback on beatboard

	Bars	Bronze	Bronze Extend
1.	Swings	Tuck Swing, Glide Swing	Tuck Swing, Glide Swing
2.	Rotation	Pullover	Pullover
3.	Stride Skill	Leg cut to Stride, ½ turn	Leg cut to Stride, ½ turn
4.	Rotation	Backhip circle (spotted)	Backhip circle (unassisted)
5.	Cast	Casts x 3	Casts x 3
6.	Dismount	Dismount on the 3 <sup>rd</sup> Cast	Dismount on the 3 <sup>rd</sup> Cast

	Rings	Bronze	Bronze Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Static Holds	Tuck Hang (3 seconds), Single leg extension	Tuck Hang (3 seconds), Single leg extension
3.	Swings	Kick out to 3 swings to...	Kick out to 3 swings to...
4.	Static holds	Candle hold (3 seconds)	Candle hold (3 seconds)
5.		Basket Hold (3 seconds)	Basket Hold (3 seconds)
6.			Dorsal Hang (3 seconds)
7.	Dismount	Backward roll dismount	Drop to motor bike

	Beam	Bronze	Bronze Extend
1.	Mount	Squat on Mount from BB	Wolf Mount
2.	Locomotion	4 x Locomotion	4 x Locomotion
3.	Jump	Straight Jump preparation, to straight jump connection	Straight Jump preparation, to straight jump connection
4.	Turn	Turn prep to releve	Turn prep to releve ½ turn on 2 feet connection
5.	Handstand	Lunge to scorpion kick	Lunge to scorpion
6.		Pose to turn	Ring balance, to turn
7.	Dismount	2 steps, punch jump dismount	2 steps, punch jump dismount

	Floor	Bronze	Bronze Extend
1.	Routine	Starting pose-chasse left, chasse right Half spin Cartwheel Backward roll to tuck Pose-star bunny hop Jump 1/2 turn, rebound Jump cx Pose- 4 steps fwd, 4 steps back Handstand, Straight Jump Pose- releve steps and circle arms Scale to Forward roll Finishing pose	Starting pose-chasse left, chasse right Half spin Cartwheel, backward roll to tuck (connected) Pose-star bunny hop Jump 1/2 turn, rebound Jump cx Pose- 4 steps fwd, 4 steps back Handstand, Tuck Jump Pose- releve steps and circle arms Scale to Forward roll Finishing pose

## Launch Pad Routines



# FISHERMEN'S BEND GYMNASTICS

### Skills SILVER

	Vault	Silver	Silver Extend
1.		Dive roll to 75cm off minitramp	Dive roll to 75cm off minitramp

	Bars	Silver	Silver Extend
1.	Rotation	Pullover	Pullover
2.		Cast Backhip circle, cast	Cast Backhip circle, cast
3.	Dismount	Optional, Toe-shoot 0.5 bonus	Optional, Toe-shoot 0.5 bonus
4.	Swings	Long swings x 3, jump from box	Long swings x 3, jump from box

	Rings	Silver	Silver Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Static holds	L hang (3 seconds)	L hang (3 seconds)
3.		Chin up hold (bonus 0.5)	Chin up hold (bonus 0.5)
4.		Tuck hold (3 seconds)	Tuck hold (3 seconds)
5.	Swings	Kick to swing to candle hold (3seconds)	Kick to swing to candle hold (3seconds)
6.	Static	Basket hold (3 seconds)	Basket hold (3 seconds)
7.	Swings	Cast into swings x 3	Cast into swings x 3
8.	Dismount	Dismount to motorbike	Dismount to motorbike

	Beam	Silver	Silver Extend
1.	Mount	Optional	Optional
2.	Static Hold	Presentation Stand	Presentation Stand
3.	Locomotion	Locomotion x 4 (two different types)	Locomotion x 4 (two different types)
4.	Turn	Passe hold (3 seconds) on toes, 1/2 turn with 2 feet	Passe hold (3 seconds) on toes, 1/2 turn with 2 feet
5.	Jump		Tuck Jump
6.	Handstand	Lunge to scorpion kick	Lunge to scorpion kick to within 10 degrees of vertical
7.	Dismount	Round off	Round off

	Floor	Silver	Silver Extend
1.	Routine	Starting pose Lying scale, straddle legs Bunny Hop to handstand Pose Cartwheel to star, Cartwheel snap Pose- small leg flick Split Jump step hops x 2, catleap, turn Backward roll to Straddle Half passe turn, 2 feet releve turn Finishing pose	Starting pose Lying scale, straddle legs Bunny Hop to handstand Pose Cartwheel, Cartwheel cnx Pose- small leg flick Split Jump step hops x 2, catleap, turn Backward roll to Straddle Half Passe turn, 2 feet releve turn Finishing pose



## Launch Pad Routines

### Skills GOLD

	Vault	Gold	Gold Extend
1.		Run, Handspring flatback with minitramp (SV 4.00)	Run, Handspring flatback with minitramp (SV 4.00)
2.		Handspring flatback BB (SV 5.00)	Handspring flatback BB (SV 5.00)

	Bars	Gold	Gold Extend
1.	Mount	Straddle Glide Swing	Straddle Glide Swing
2.	Rotation	Pullover	Pullover
3.	Stride	Leg cut – full turn	Leg cut – full turn
4.	CXN	Cast toes above bar height Backhip circle, Straddle toeshoot connection	Cast toes above bar height Backhip circle, Straddle toeshoot connection
5.	Swings	Climb to low bar, Jump to bar, long swings x 3	Climb to low bar, Jump to bar, long swings x 3

	Rings	Gold	Gold Extend
1.	Mount	Long Hang (3 seconds)	Long Hang (3 seconds)
2.	Static of choice	For example: wolf, split, star etc.	For example: wolf, split, star etc.
3.	Static hold	L Hang (3 seconds)	Long Hang (3 seconds)
4.	Swing	Kick to swing to candle hold (3 seconds)	Kick to swing to candle hold (3 seconds)
5.	Static holds	Basket hold (3 seconds)	Basket hold (3 seconds)
6.			Roll to dorsal, return to basket
7.	Swing/ Dismount	Cast into swing x3, Bwd roll to dismount	Cast into swing x3, Bwd roll to dismount

	Beam	Gold	Gold Extend
1.	Mount	Optional	Bwd roll on high beam
2.	Locomotion	Locomotion x 4	Locomotion x 4
3.	Turn	Passe half turn on one foot on high beam	Passe 1/2 turn to relevel 1/2 turn on 2 feet
4.	Jump/Leap	Tuck Jump	Catleap
5.	Handstand	L handstand	L handstand
6.	Dismount	Round off dismount with flight	Round off dismount with flight

Beam	Gold	Gold Extend
Routine	Starting pose Jump full turn Handstand forward roll (soft mat) Pose- turning shoulders Spring steps x 4, split leap Pose Round Off Optional skill (from skill matrix) Finishing pose –should roll to kneel Pose	Starting pose Full spin turn on floor Handstand forward roll (no mat) Pose- turning shoulders Chasse, split leap Pose Round Off Optional skill (from skill matrix) Finishing pose –should roll to kneel Pose



**Launch Pad Routines**



**FISHERMEN'S BEND  
GYMNASTICS**