

THE VICTORS GYMNASTICS AND CHEERLEADING SKILL PROGRESSION AND PREREQUISITES

GIRLS GYMNASTICS CLASSES

Prerequisites for
progression to:

	VAULT	BARS	BEAM	FLOOR	FLEXIBILITY	CONDITIONING
GIRLS GYMNASTICS LEVEL 2	Proper Run technique Proper hurdle technique Straight jump Forward roll to stack of mats	Pullover <i>(w/ min. help)</i> Back Hip Circle <i>(w/ min. help)</i> Cast away from bar	Mount to front support V-sit Arabesque (R/L) High kicks Pivot turn 2 straight jumps	Forward straddle roll to stand Backward roll to stand Cartwheel (R/L) Round off 1/2 handstand Forward waltz	Pick sit - knuckles to wall R/L splits (120°) Center split (120°) Arm Lift to 4" Bridge - straight arms	Pull up (1) Leg Lifts (5) 30 second hollow body hold Push ups (10) 60' run (<4.4 sec.) Candlestick to straight jumps (6)
GIRLS GYMNASTICS LEVEL 3	<i>Level 2 plus:</i> Jump handstand to stack of mats Flat back landing	<i>Level 2 plus:</i> Pullover from two feet take-off Back Hip Circle Cast to 15° below horizontal Front hip circle <i>(w/ min. help)</i>	<i>Level 2 plus:</i> Split jump (45°) High kicks in Releve' Lever 1/2 cross hand- stand Cartwheel to side handstand	<i>Level 2 plus:</i> Handstand hold Handstand forward roll Back extension roll Bridge kickover Back Handspring RO, BHS with spot	Pick sit - palms to wall R/L splits (150°) Center split (150°) Arm Lift to 6" Bridge - straight arms, shoulders over hands	Pull ups (2) Leg Lifts (10) 45 second hollow body hold Push ups (15) 60' run (<4.2 sec.) Candlestick to straight jumps (10)
GIRLS GYMNASTICS PRE-TEAM	Able to correctly demonstrate ALL Level 4 vault skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 bar skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 beam skills with minimal or no help.	Able to correctly demonstrate ALL Level 4 floor skills with minimal or no help.	Pick sit - palms to wall, nose to knee R/L splits (180°) Center split (180°) Arm Lift to 10" Bridge - straight arms, shoulders past hands	Pull ups (4) Leg Lifts (15) 60 second hollow body hold Push ups (20) 60' run (<4.0 sec.) Candlestick to straight jumps (15)

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BOYS GYMNASTICS CLASSES

Prerequisites for
progression to:

	FLOOR	P-HORSE	RINGS	VAULT	P-BARS	HIGH BAR	FLEXIBILITY	CONDITIONING
BOYS DEVELOPMENTAL GYMNASTICS	Forward straddle roll to stand Backward roll to stand Cartwheel (R/L) Round off Handstand hold (<i>with help</i>) Kick to handstand forward roll Roll back to candlestick	Jump to front support Hold rear support Pendulum swings in front support Pendulum swings in back support Single leg cuts - right and left	Pull up - 1 second hold Proper tap swing technique Pull to inverted hang - piked Inverted hand - straight body	Proper Run technique Proper hurdle technique Straight jump Forward roll to stack of mats Jump handstand to stack of mats Flat back landing	Proper swing technique in upper arm support Proper swing technique in str. arm support Swing forward to straddle Swing to back dismount	Pullover from hang Cast to 15° below horizontal Back Hip Circle Proper grip and regrasp technique Proper tap swing technique	Pick sit - palms to wall R/L splits (120°) Center split (135°) Arm Lift to 6" Bridge - straight arms, shoulders over hands	Pull ups (2) Leg Lifts (10) 30 second hollow body hold Push ups (15) 60' run (<4.2 sec.) Candlestick to straight jumps (10)
BOYS COMPULSORY GYMNASTICS TEAM	Able to correctly demonstrate ALL Level 4 floor exercise routine skills.	Able to correctly demonstrate ALL Level 4 pommel horse routine skills.	Able to correctly demonstrate ALL Level 4 still rings routine skills.	Able to correctly demonstrate ALL Level 4 vault routine skills.	Able to correctly demonstrate ALL Level 4 parallel bars routine skills.	Able to correctly demonstrate ALL Level 4 high bar routine skills.	Pick sit - palms to wall, nose to knee R/L splits (180°) Center split (180°) Arm Lift to 10" Bridge - straight arms, shoulders past hands	Pull ups (4) Leg Lifts (15) 60 second hollow body hold Push ups (20) 60' run (<4.0 sec.) Candlestick to straight jumps (15)

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CHEER TUMBLING CLASSES

Prerequisites for progression to:

CHEER TUMBLING LEVEL 2	Able to perform proper hurdle and 3-step running round-off technique	Able to perform proper toe-touch jump technique with good height	Able to perform consistently proper standing back handspring technique without help	Able to perform consistently proper toe-touch, back handspring technique without help	Able to perform consistently proper round-off, back handspring technique without help
CHEER TUMBLING LEVEL 3	Able to perform proper hurdle, round-off, back handspring technique without help	Able to perform consistently proper 2 standing back handspring in series without help	Able to perform proper standing back tuck technique with help	Able to perform consistently proper round-off, 3 back handsprings in series without help	Able to perform proper round-off, back handspring, back tuck technique without help

DANCE ACRO CLASSES

Prerequisites for progression to:

DANCE ACRO LEVEL 2	Able to perform consistently proper back walkover technique without help	Able to perform consistently proper front handspring technique without help	Able to perform consistently proper side aerial technique without help	Able to perform proper hurdle and 3-step running round-off technique	Able to perform consistently proper standing back handspring technique without help	Able to perform consistently proper round-off, back handspring technique without help	R/L splits (180°) Center split (180°)
DANCE ACRO LEVEL 3	Able to perform consistently proper back walkover combinations without help	Able to perform consistently proper front handspring and walkover combinations without help	Able to perform consistently proper side and front aerial techniques and combinations without help	Able to perform consistently proper gainer back handspring technique without help	Able to perform consistently proper round-off, back handspring series without help	Able to perform consistently proper round-off, back handspring, back salto technique without help	R/L splits (180°) Center split (180°)