**Skills – Parallel Bars**  Bonus: Back tuck dismount\*

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| **Introductory – 1 hour** | **Intermediate – 2 hours** | **Advanced – 4 Hours** | **Advanced + - 4 hours+** |
| **Choose 4 Skills** | **Choose 5 skills** | **Choose 7 skills** | **Choose 7 skills** |
| * Jump to support * Swing forward to a straddle back support hold on to the bar (legs rest on the bars) * Swing backwards to straddle front support hold (feet rest on the bar) * Tuck hold * Tuck hold with 1 leg straight at 90° * Pike Hold * Swing backwards   and forwards X2   * Swing backwards to land between bars. | * Jump to support * Dip X1 * Swing forward to a straddle back support hold on to the bar (legs rest on the bars) * Swing backwards to straddle front support hold (feet rest on the bar) * Tuck hold * Tuck hold with 1 leg straight at 90° * Pull into Pike hold (heels level with bars) * Swing backwards and forwards X3 (feet must be at least level with bars) * Swing backwards to land between bars. * Flank Dismount - Swing backwards into face vault dismount with support on one rail | * Jump to support * Dip X2 (min 90°) * Walk forwards in support (min length ½ bar) * Walk backwards in support (min length ½ bar) * Swing forward to a straddle back support hold on to the bar (legs rest on the bars) * Swing backwards to straddle front support hold (feet rest on the bar) * Tuck hold * Tuck hold with 1 leg straight at 90° * Pull to pike hold (heels above bar and hold for 2 sec) * Swing backwards and forwards X3 (heels above bars on forward and backward swings) * Flank Dismount - Swing backwards into face vault dismount with support on one rail * Swing forward to ½ turn and post on one arm over single bar dismount. | * Jump to support * Jump to upper arm support and swing forwards into tight fold and kip to straddle support (feet may rest on bars) – 13+ cat only * Dip X2 (min 90°) * Walk forwards in support (min length ½ bar) * Walk backwards in support (min length ½ bar) * Swing forward to a straddle back support hold on to the bar (legs rest on the bars) * Swing backwards to straddle front support hold (feet rest on the bar) * Tuck hold * Tuck hold with 1 leg straight at 90° * Pull to pike hold (heels above bar and hold for 2 sec) * Swing backwards and forward X5 (swing to at least horizontal front and back) * Flank Dismount - Swing backwards into face vault dismount with support on one rail * Swing forward to ½ turn and post on one arm over single bar dismount. * Walk in support to the end of the p-bars, swing under to back tuck dismount. \* |

**Skills – High Bar**

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| **Introductory – 1 hour** | **Intermediate – 2 hours** | **Advanced – 4 Hours** | **Advanced + - 4 hours+** |
| **Choose 4 Skills** | **Choose 6 Skills** | **Choose 7 Skills** | **Choose 8 Skills** |
| **Wooden Bar:**   * Jump to hang * Chin up * ½ turn in hang * Held tuck shape (2 sec) * Held Dish shape (2 sec) * Held Arch shape (2 sec) * X3 Fish swings * Drop to landing shape | **Wooden Bar:**   * Jump to hang * Chin up * ½ turn in hang * Held tuck shape (2 sec) * Held Pike shape (2 sec) * Leg lift in to swings * X3 Swing backwards and forwards * X5 Fish swings * Drop to landing shape | **Wooden Bar:**   * Jump to hang * ½ turn in hang * Chin up * Pull over to support * Cast * Back hip Circle * Circle forward to hang * Held Pike shape (2 sec) * Leg Lift * X5 Fish swings * X2 Swings * Drop to landing shape * Straddle undershoot (optional: feet on or off the bar)   ---------------------------------  **Shiny Bar (loops & gloves):**   * Show hang shape * Chin up & return to hang * Circle up to front support * Cast to horizontal * Back hip circle * Circle forward to hang * Held pick shape (2 sec) * X5 Fish swing * X2 Swings * Leg lift | **Wooden Bar:**   * Jump to hang * ½ turn in hang * Chin up * Pull over to support * Cast * Back hip circle * Leg Lift * X5 Fish Swings * X3 Swings * Baby giant * Forward circle to inverted hang * Lower to half lever * Undershoot dismount – Clear, straddle (optional: feet on or off the bar)   ---------------------------------  **Shiny Bar (loops & gloves):**   * Show hang shape * X2 Chin up * X5 Fish swings * X2 Straddle leg lift * Circle up to front support * Cast into back hip circle * Cast above horizontal * Baby giant * Undershoot into swing forwards and backwards x3 (above horizontal) |

**Skills – Rings**

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| **Introductory – 1 hour** | **Intermediate – 2 hours** | **Advanced – 4 Hours** | **Advanced + - 4 hours+** |
| **Choose 4 Skills** | **Choose 5 Skills** | **Choose 6 Skills** | **Choose 7 Skills** |
| * Lift to hang (hold for 2 sec) * Chin up – lower back to hang * Tuck hold (2 sec) * Straddle hold (2 sec) * Pike hold (2 sec) * X3 Swing backwards and forwards * Drop to landing shape | * Lift to hang (hold for 2 sec) * Chin up – lower back to hang * Straight leg lift * Inverted pike hold (2 sec) * Lower down to held pike in hang (2 sec) * X3 Swing backwards and forwards * Drop to landing shape | * Lift to hang (hold for 2 sec) * Chin up – Lower back to hang * Straight leg lift to * inverted hang (hold for 2 sec) * lower to inverted pike hold (2 sec) * Cast into swings * X5 Swings forward and backwards      * Drop to landing shape OR Back Tuck Dismount   **Check Dislocate & inlocate if qualification covers it, if so add it in** | * Lift by coach to support above rings (hold for 2 sec) * In Support – Tuck hold * In support – Tuck hold with 1 leg straight at 90° * In support – Pike hold      * Chin up – Lower back to hang * Straight leg lift to   Inverted hang (hold for 2 sec)   * Lower to inverted pike hold (2 sec) * German hang (hold 2 sec) * Pull back to inverted pike * Cast into swings * X5 Swings forward and backwards (above horizontal) * Back Tuck Dismount   **Check Dislocate & inlocate if qualification covers it, if so add it in** |

**Skills – Pommel**  (choice of set routines) Bonus: 5 leg circles are connected\*

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| **Introductory – 1 hour** | **Intermediate – 2 hours** | **Advanced – 4 Hours** | **Advanced + - 4 hours+** |
| **Choose a set routine** | **Choose a set routine** | **Choose a set routine** | **Choose a set routine** |
| **Floor OR Mushroom:**   1. Start in front support 2. Walk feet round to show side support 3. Walk feet round to back support 4. Walk feet round to show side support 5. Walk back to finish in front support shape   **OR**   * 3 individual circles | **Floor/Mushroom:**   1. Start in front support shape 2. Jump to side support 3. Jump to back support 4. Jump to side support 5. Jump to front support   **OR**   * 3 Individual circles | **Mushrooms:**   1. Swing round to back support 2. Jump to side support 3. Jump to front support   **OR**   * 5 individual circles   **OR**  **Horse/Beam handles:**   1. From springboard jump to front support on leather 2. Step up onto handles 3. Transfer weight and lift opposite hand off handle 4. Transfer weight back to both handles 5. Transfer weight and lift opposite hand off handle 6. Return to two handles and 2 pendulum swings 7. Swing leg into astride 8. Swing leg flank ¼ tun dismount. | **Mushroom:**  5 double leg circles  (0.5 Bonus if connected)\*  **OR**  **Horse/Beam handles:**   1. From front support ½ circle to back support 2. Cut single leg back 3. Full scissor 4. Astride swing leg backwards to front support 5. Pendulum swings X2 6. Cut leg into single leg plank with ¼ turn dismount   **Horse/Beam handles:**   1. Jump to front support 2. Tuck through to back support 3. Tuck back through to front support 4. Swing one leg over to support 5. Swing leg back over to front support 6. Swing leg over to support 7. X3 Swings 8. On 3rd swing ¼ turn dismount |