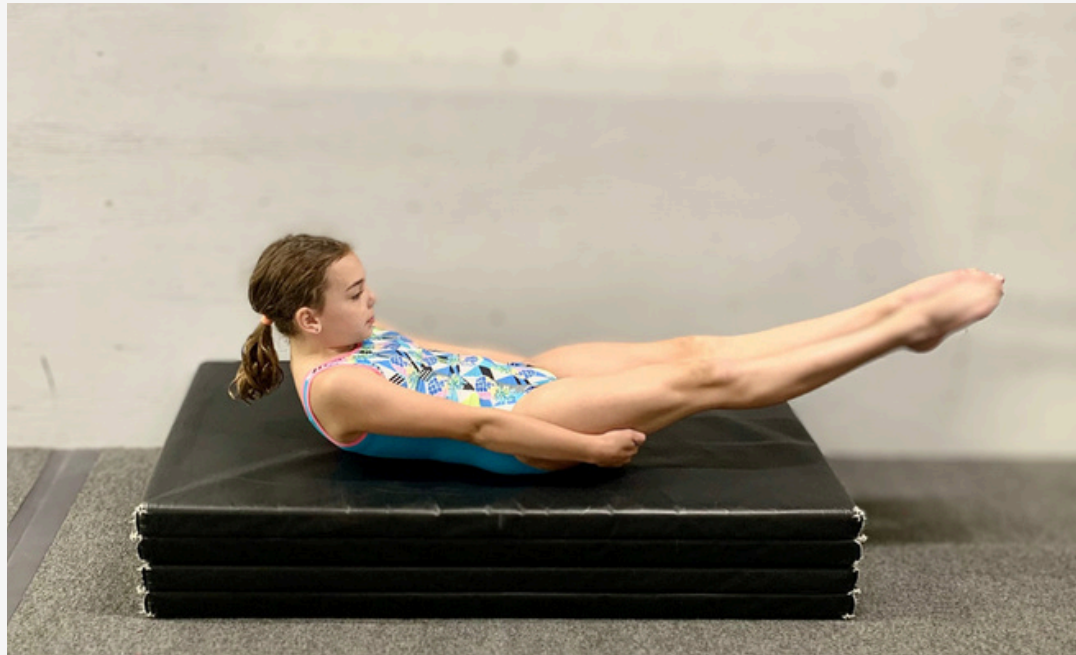


S1

# Shapes

## HOLLOW



The hollow shape is one of the most fundamental and important shapes in gymnastics. Legs and shoulders should be off the mat slightly and back should be flat on the ground to make a dish shape.

S2

# Shapes

## ARCH

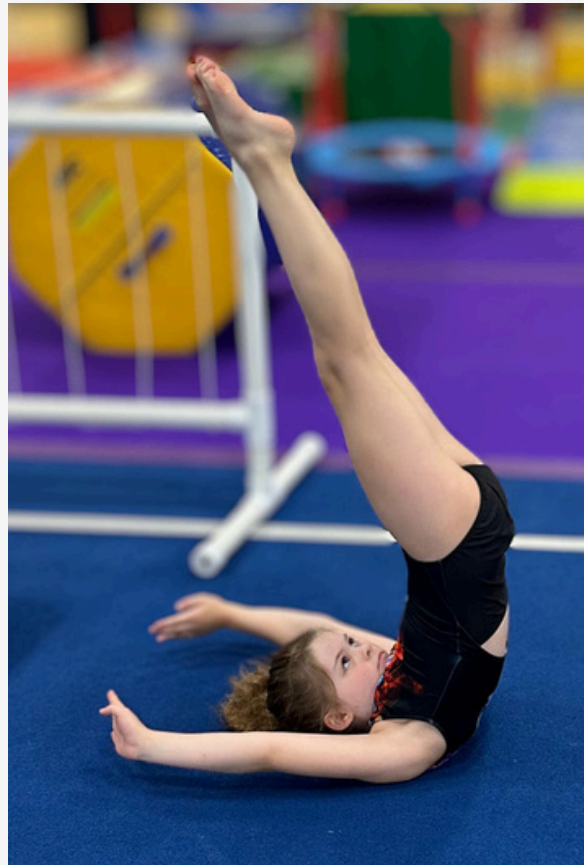


The arch is opposite of the hollow. Shoulders and thighs should be lifted off the ground keeping head neutral and toes pointed.

S3

# Shapes

## CANDLE



The candle should have arms by ears and toes over eyes, balancing on shoulders.

S5

# Shapes

## PUSH UP POSITION



The pushup position is sometimes called the front support on the floor. It has many applications on all apparatuses. The gymnast should have shoulders directly above wrists and a round back.



S6

# Shapes

## TUCK



The tuck is a very difficult, but important shape. The gymnast should not be leaning forward and the knees need to come to the chest, keeping feet and knees together and feet pointed. Arms can stay up or come down to hug knees.

Not for Distribution Beyond Purchasing Gym

S7

# Shapes

## STRADDLE



In the straddle, the knees should be facing the ceiling and the chest should remain up.

S8

# Shapes

## PIKE

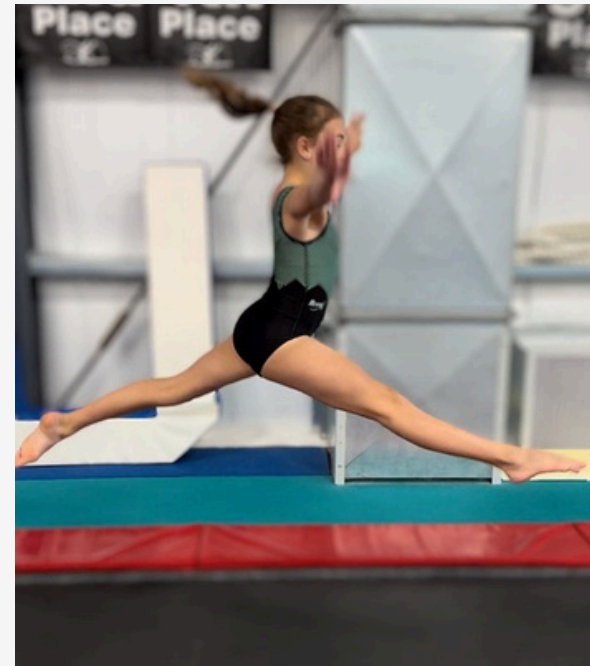


For the pike, I find it easiest for gymnasts to start with their arms up and bring them down. On trampoline, bring those feet down quickly.

S26A

# Shapes

## SPLIT JUMPS



1. Start with cartwheel leg slightly in front.
2. Swing arms down and plié.
3. As arms swing to side middle, jump both legs up in a front split.
4. Focus on an even split with straight legs and chest up.
5. The back knee should be facing the ground.
6. Finish with feet as you started.



S28

# Shapes

## NEUTRAL HEAD - HEAD IN VS. HEAD OUT



1. Head position is important for most skills and this card demonstrates the cascade effect of bad head position.
2. Notice when the head is out, the back naturally arches and the body alignment is not straight.
3. The second photo shows the improvement of keeping the arms by the ears.

Not for Distribution Beyond Purchasing Gym

S29

# Shapes

## OPEN VS. CLOSED SHOULDERS



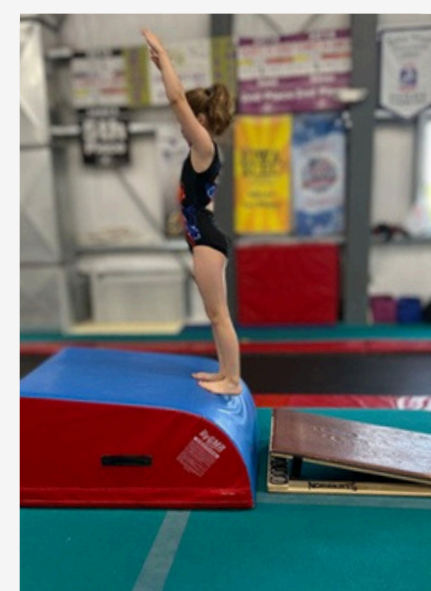
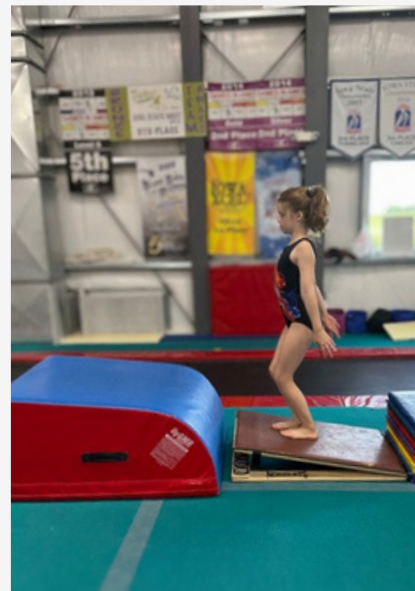
In gymnastics the shoulders should almost always be open with arms covering the ears.



# V13

# Vault

## ASSEMBLÉ STRAIGHT JUMP TO BLOCK



1. Start standing on a panel mat on one foot.
2. Jump feet together on the end of the board, arms circle back and down.
3. As arms pull through, stretch jump up to the block or trainer.
4. Finish in a plié with arms up.

V16

# Vault

## SQUAT ON VAULT



1. Start with a short run.
2. Punch two feet in front of a block or trainer.
3. Jump forward with chest up, bottom down and land in a frog squat position.
4. Finish by standing to jump off.

.

# V15

## Vault DONKEY KICKS



1. Start with hands on a raised mat.
2. Jump, kicking heels back and up, driving them to the ceiling.
3. Repeat 5 times.
4. Finish by coming down safely.

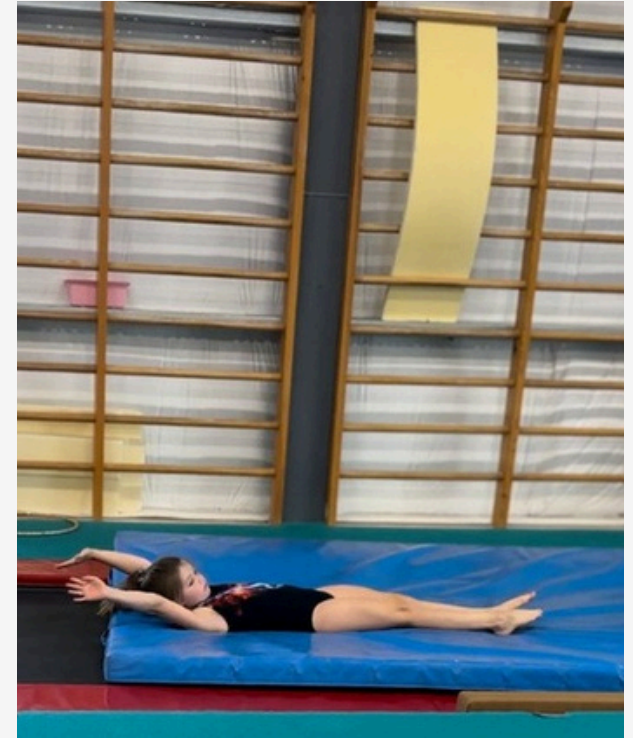
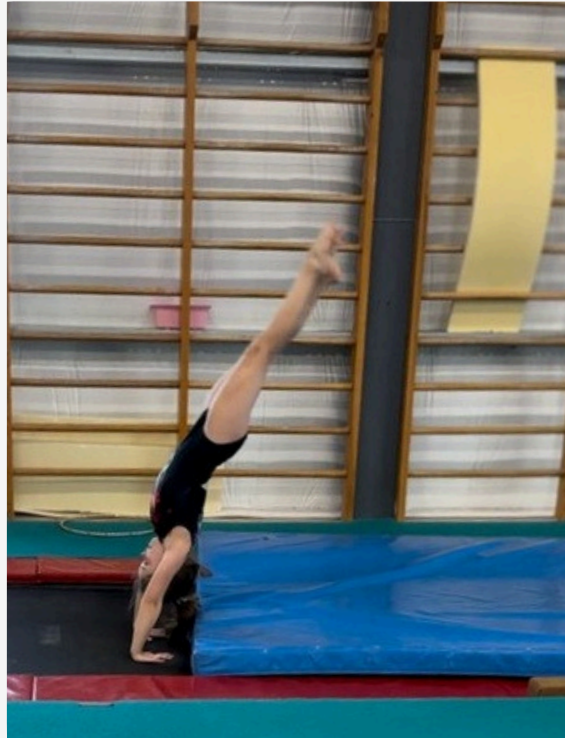
\*If you fall over from handstand, cartwheel out by moving one hand up the mat.



V4A

# Vault

## HANDSTAND FLATBACK



1. Start in a lunge in front of a soft surface.
2. Lever into a handstand.
3. Pushing through the shoulders, look at toes as you fall to FB.
4. Finish in a hollow position, with pointed feet, bottom squeezed and looking at toes.

**B1**

# Bars

## JUMP TO FRONT SUPPORT

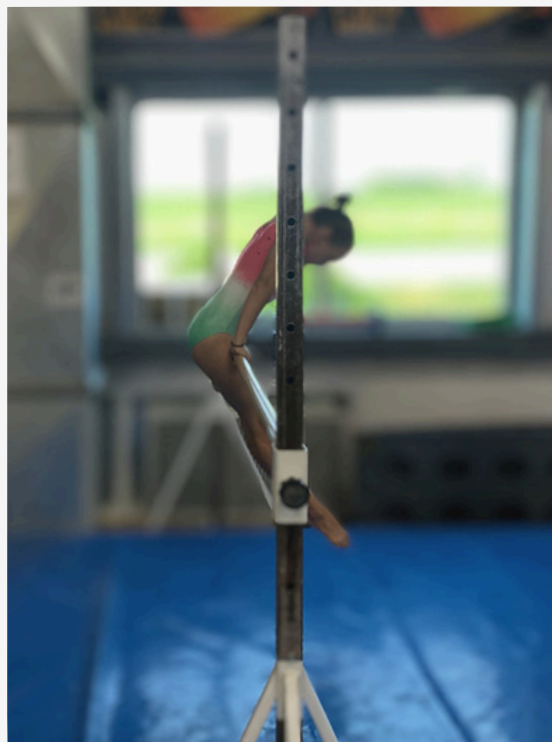


1. Start with feet below shoulders and straight arms on the bar.
2. Plié knees keeping arms straight.
3. Jump while pulling the bar to the thighs.
4. Finish in front support position with tight arms, pushing bar down and looking at toes.

B7A

# Bars

## CASTS



1. Start in front support.
2. Keeping arms straight, bring legs in front of the bar.
3. Drive heels back while hips leave the bar, keeping a hollow shape.
4. Finish back in front support.



B7

# Bar Drills

## CASTING SHAPE



1. Start in push up position with feet on elevated surface and a rounded back.
2. Using toes, push shoulders in front of wrists and go onto tops of feet.
3. Push back and forth.
4. Finish in original position.

\*Use floor bar for hands if desired.

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B11

# Bar Drills

## FORWARD ROLL DISMOUNT



1. Start in front support with high hips.
2. Fold over the bar and shift hands forward (Motorcycle).
3. Roll over the bar in a controlled manner bringing chin to bar.
4. Finish with feet behind the bar or hanging in tuck with chin above bar (latter not shown).

B46

# Bars

## HANGING SHAPES



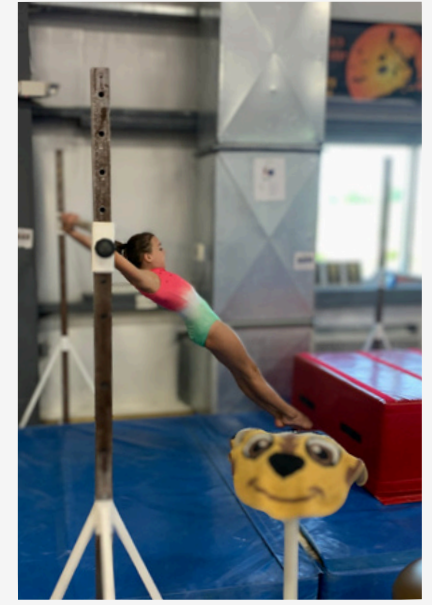
- 1.Start hanging on a high bar.
- 2.Lift legs in a tuck and hold. Straddle and hold. Pike and hold.
- 3.Lower legs back down.
- 4.Finish by safely dropping from the bar.



B41

# Bars

## GLIDE SWING



1. Start on a block or ground looking at the bar.
2. Swing arms down while you bend your legs and lift hips.
3. Grab the bar while keeping legs in a pike.
4. Extend the glide out to a straight body position.
5. Finish by coming back to a stand with feet behind the bar.

B41C

# Bars

## GLIDE SWING APPROACH



1. Start on the mounting block with straight arms, looking through hands at bar.
2. Jump up and block off the bar with straight arms and a round chest.
3. Finish by returning to the block.

**B5A**

# Bars

## PULL OVER USING BLOCK OR PACMAN



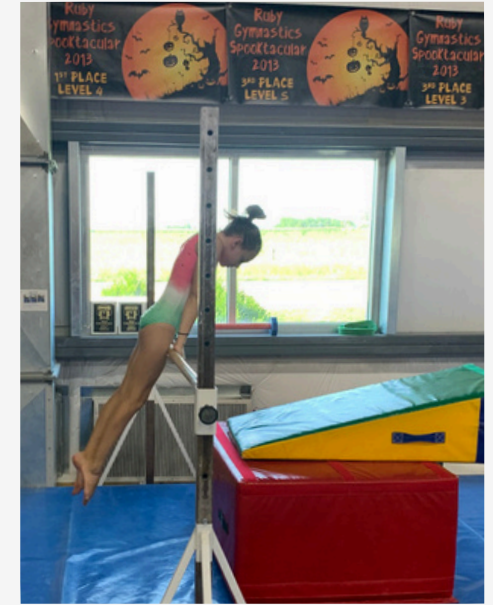
1. Start with hands on the bar and chin to the bar.
2. Walk your bad leg onto the pacman or block.
3. Kick your good leg over the bar.
4. Finish in a front support position.



B35

# Bars

## PULL OVER WITH WEDGE

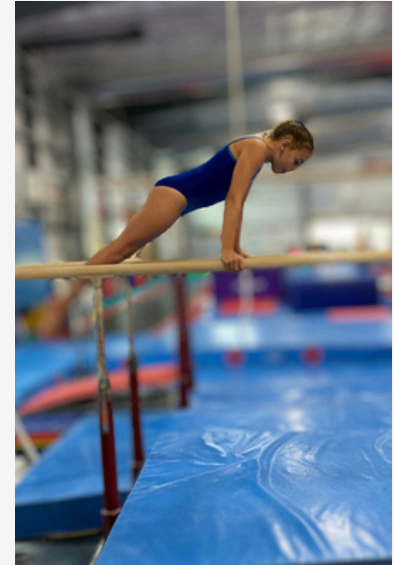


1. Start lying on a wedge mat with shoulders and head off the mat.
2. Do a chin up.
3. Lower and bring legs to candle.
4. Try to lift hips up and over the bar.
5. Finish in front support.

**B2**

# Bar Drills

## HOLLOW SWINGS



1. Start in support position on parallel bars.
2. Swing legs back and forth maintaining a hollow shape (Banana swings).
3. Look at toes to help keep shape.
4. Finish with legs behind and dropping safely between bars.

**B8**

# Bars

## TUCK HOLD



1. Start in a support position on the parallel bars.
2. Pull your knees to your chest and hold the tuck position.
3. Finish by lowering them to a support position.



BB2

# Beam Drills

## PIVOT TURN



1. Start with your cartwheel leg in tendu (point).
2. Slide (lock) your back foot forward, both feet in high relevé. The front heel should never touch the beam.
3. Pivot 180 degrees without dropping heels.
4. Finish by lowering heels to the beam.

\*Hands on hips to start, but move to 1. Side middle 2/3. Crown 4. Side middle.

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S13

# Shapes

## ARMS SIDE MIDDLE



Chest up, thumbs down, fingers extended.

S14

# Shapes

## ARMS IN CROWN



Arms by ears, hands turned in, thumb and middle fingers bent toward each other.



S16

# Shapes

## HANDS ON HIPS



For new gymnasts, doing basic skills with hands on hips is easiest.

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S18

# Shapes

## PASSÉ



1. Start with legs together.
2. Raise a pointed foot to position big toe next to the other knee, both knees pointing forward.
3. Add a high relevé for difficulty.
4. Finish by lowering foot or kicking it forward.

S19

# Shapes

## RELEVÉ



All jumps in gymnastics rely on a strong relevé. Push through the big toes to avoid sickled feet.

S21

# Shapes

## ARABESQUE



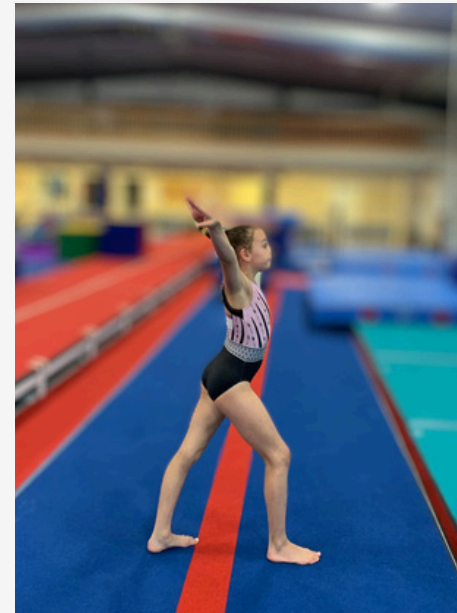
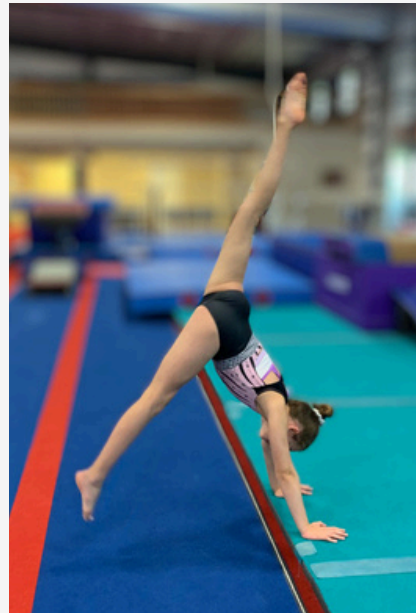
Keeping chest up, lift the back leg with a pointed foot.



# H2

# Handstand

## SHARK HOP



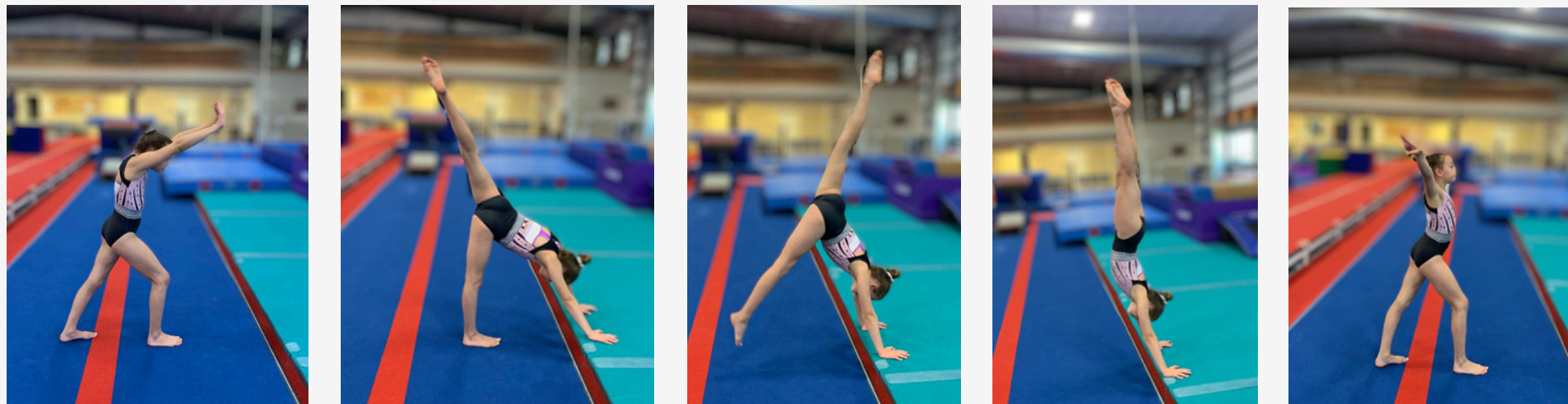
1. Start in strong lunge position with cartwheel leg in front.
2. Cover ears with arms the entire skill.
3. In the lever position, hop the back leg off the ground transferring weight to hands.
4. Finish in strong lunge.

\*Try this with the non-dominant leg in front to imitate the finish of a cartwheel.

# H3

# Handstand

## HANDSTAND



1. Start in strong lunge position.
2. Cover ears with arms the entire skill.
3. From the lever hop, bring the cartwheel leg to tap or close with the back leg, and then split before landing.
4. Finish in a strong lunge with cartwheel leg in front.

\*When handstand is strong enough, spot by grabbing the first leg up and holding it while the gymnast brings legs together.

COA

# Cartwheel

## CARTWHEEL



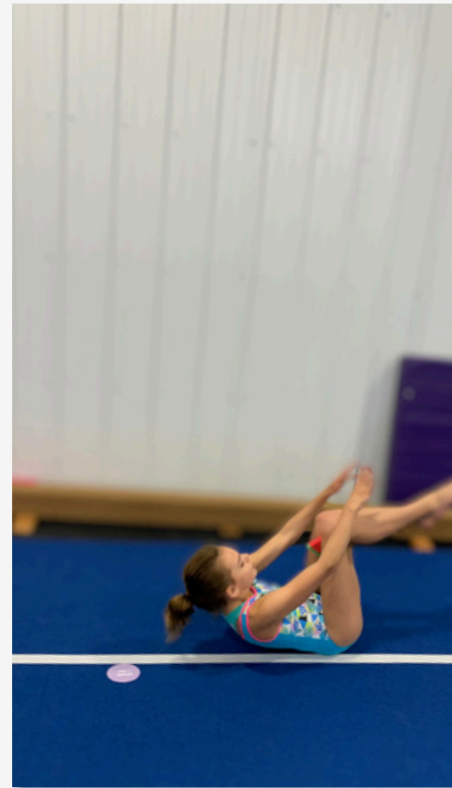
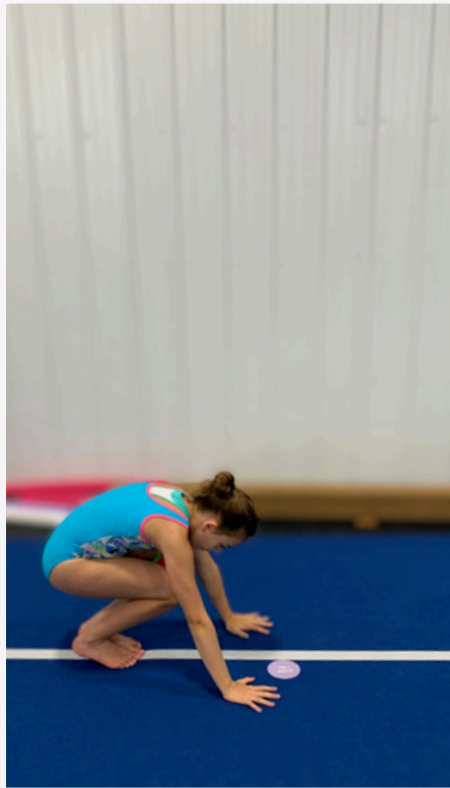
1. Start in a lunge tendu or a strong lunge with your cartwheel leg in front.
2. Use the mantra hand-hand-foot-foot.
3. Push through your front leg as you kick the second overhead.
4. Maintain a straddle position in the air and use neutral or T-hands.
5. Finish in a strong lunge facing the other direction.



F10

# Forward Salto

## FORWARD ROLL



1. Start on a line with arms up.
2. Tuck down to the floor and place hands flat.
3. Looking at your belly, initiate the forward roll keeping the tuck position.
4. Standing without placing hands on the ground.
5. Finish standing with arms up.



F12A

# Forward Salto Drills

## STRADDLE ROLL TO STRADDLE STAND

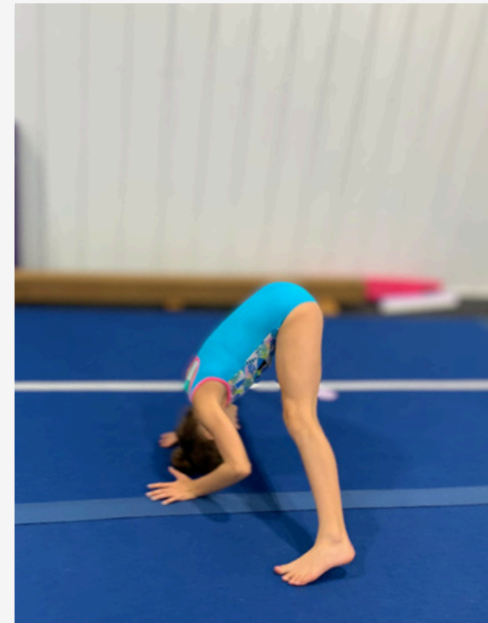


1. Start standing in a straddle position with hands flat on the floor.
2. Looking through legs, tuck chin and roll forward.
3. Keeping legs in straddle, push hands on floor to stand up.
4. Finish standing in a straddle position.

BS7

# Back Salto Drills

## BACK STRADDLE ROLL



1. Start seated in a straddle or tuck.
2. Place flat hands by ears, palms toward the ceiling.
3. Tucking chin, push hands on the floor to help protect the neck
4. Pull legs overhead, keeping the straddle position.
5. Finish standing in a straddle.

S31

# Shapes

## BRIDGE



1. Start lying down with bent legs and fingers under shoulders.
2. Push up into the bridge.
3. Push armpits forward to open shoulders and keep head neutral between arms.
4. Feet should be flat and knees should be bent.



S31A

# Shapes

## BACKBEND

**DISCLAIMER: ONLY START AFTER A STRONG BRIDGE**



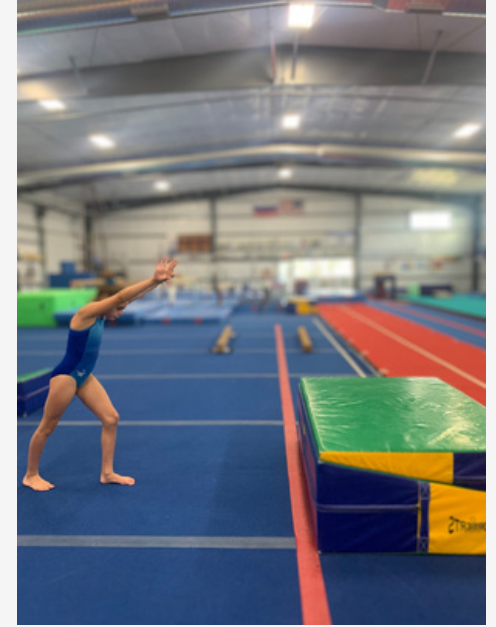
1. Start with arms up, feet apart, and hips forward.
2. Looking at your hands, slowly bridge backward.
3. Finish in a strong bridge with open shoulders and straight or bent legs.

**\*Back bending with legs together is a very advanced skill and not recommended.**



# W2 Walkover Progressions

## HANDSTAND TO KICKOVER ON A MAT/WEDGE



1. Start in a strong lunge facing mat, wedge or pacman.
2. Kick up to handstand.
3. Bridge over - straighten kick over leg - kick over.
4. Finish in a strong lunge.

\*This can be done on a resi, pacman, large block or table trainer. If the gymnast puts hands next to mat, this becomes a great beginner drill or they can even sit on block and lean back to an elevated bridge.

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