

## VAULT

STEP 1	Apparatus setup	Routine
STEP 2	Apparatus setup	Routine
STEP 3	Apparatus setup	Routine
STEP 4	<a href="#">Apparatus setup</a>	Routine
STEP 5	Apparatus setup	Routine
STEP 6	Apparatus setup	Routine

## BARS

	VIDEOS	SKILLS
STEP 1	<a href="#">Routine</a>	
STEP 2	<a href="#">Routine</a>	
STEP 3	<a href="#">Routine</a>	
STEP 4	<a href="#">Routine</a>	
STEP 5	Options <a href="#">5.1</a> and <a href="#">5.2</a>	Cast towards handstand Swing ½ turn dismount
STEP 6	Dismount options <a href="#">6.1</a> , 6.2, 6.3	Cast to handstand Clear hip circle Toe on toe off circle Stalder circle Flyway dismount

## CHOREOGRAPHY

1. Feet Positions	<ol style="list-style-type: none"> <li><a href="#">1st</a> , <a href="#">2nd</a> , <a href="#">3rd</a> , <a href="#">4th</a> , <a href="#">5th</a></li> <li><a href="#">Tendu point to second</a></li> <li><a href="#">feet parallel to relevé</a></li> <li><a href="#">Relevé in 1st</a></li> <li><a href="#">Point in plié – base foot in first, pointed foot with heel turned inwards</a></li> <li><a href="#">Curtsey</a></li> </ol>
2. Basic arm positions	<ol style="list-style-type: none"> <li><a href="#">1st</a> , <a href="#">2nd</a> , <a href="#">4th</a> , <a href="#">5th</a></li> <li><a href="#">Side Horizontal</a></li> <li><a href="#">Diagonal oblique left down</a></li> <li><a href="#">High oblique</a></li> <li><a href="#">Low oblique</a></li> <li><a href="#">diagonal oblique forward</a></li> </ol>
3. Ball change,	<ol style="list-style-type: none"> <li><a href="#">Step ball change</a></li> <li><a href="#">Ball change with feeling- Step 2</a></li> <li><a href="#">Ball change in circle</a></li> </ol>
4. Coupe/curtsey, coupe curtesy reversed, curtsey	<ol style="list-style-type: none"> <li><a href="#">Curtsey</a></li> </ol>
5. Spring points	
6. Jeté	

## FLOOR

	VIDEOS	SKILLS or ROUTINE SEQUENCES
STEP 1	<ul style="list-style-type: none"> <li>• <a href="#">Full Routine</a></li> <li>• 1-19 seconds</li> <li>• 19 – 34 seconds</li> <li>• 34 – 1.08 minute</li> </ul>	Sections <ul style="list-style-type: none"> <li>• <a href="#">Beginning</a></li> <li>• <a href="#">Arm swing and body contraction</a></li> <li>• Run and turn – toe work and body use</li> <li>• <a href="#">Side to side cartwheel - Body stays completely flat no twisting and very little bend at waist</a></li> <li>• Curtsey section - Looking for soft hands and projection with head and eyes –               <ul style="list-style-type: none"> <li>○ 2 videos, <a href="#">1 with Hannah</a> and <a href="#">1 with gymnast</a></li> </ul> </li> <li>• Skipping and <a href="#">Spring points</a></li> <li>• Straight jump – jazz hands</li> <li>• <a href="#">Backward roll section</a> - Keeping chest in throughout</li> <li>• <a href="#">Pike fold</a> - Showing heels off floor and straight back during fold and a snap change in body shape to show contraction in chest and roll to dish</li> </ul>
STEP 2	<ul style="list-style-type: none"> <li>• <a href="#">Full routine</a></li> <li>• <a href="#">0-17 Seconds</a></li> <li>• <a href="#">17-30 Seconds</a></li> <li>• <a href="#">30-43 Seconds</a></li> <li>• <a href="#">43-1.09</a></li> <li>• <a href="#">1.09-1.22</a></li> </ul>	Sections <ul style="list-style-type: none"> <li>• <a href="#">Beginning</a></li> <li>• <a href="#">Step hop – leap – hop</a></li> <li>• <a href="#">Passé walks knee forwards</a></li> <li>• <a href="#">Passé walk knee out</a></li> </ul>
STEP 3	<ul style="list-style-type: none"> <li>• <a href="#">Full routine</a></li> <li>• <a href="#">0-17 Seconds</a></li> <li>• <a href="#">17-30 Seconds</a></li> <li>• <a href="#">30-43 Seconds</a></li> <li>• <a href="#">43-57 Seconds</a></li> <li>• <a href="#">57-1.22</a></li> </ul>	Sections <ul style="list-style-type: none"> <li>• Beginning and passé walks</li> <li>• <a href="#">Ball change</a></li> <li>• Split leap – step hop</li> <li>• <a href="#">Dance prior to turn and fouetté turn x2</a></li> <li>• Backward walkover to lunge,</li> <li>• <a href="#">Jettes</a></li> <li>• <a href="#">Chainé turns with spotting development</a> - Leave head for as long as possible then whip it to the front to spot for end</li> </ul>
STEP 4	<ul style="list-style-type: none"> <li>• <a href="#">Full routine</a></li> </ul> STEP 4 floor with correct floor pattern <ul style="list-style-type: none"> <li>• <a href="#">1-28 seconds</a></li> <li>• <a href="#">28-49 seconds</a></li> <li>• <a href="#">44-1.03 minutes</a></li> <li>• <a href="#">1.03-1.29 minutes</a></li> </ul>	WAG STEPS VIDEOS - STEP 4 Floor with correct floor pattern <p>Basics</p> <ul style="list-style-type: none"> <li>• <a href="#">Turn – hop</a></li> <li>• <a href="#">Ball change</a></li> <li>• <a href="#">Duck dance</a></li> <li>• <a href="#">Pop jump from 2 feet to 1, (preparation for sissone dance only)</a></li> <li>• <a href="#">Backward walkover section</a></li> <li>• Forward walkover section</li> <li>• <a href="#">Fouetté hop turn x2</a></li> <li>• <a href="#">Wolf Half Preparation (No DV) 'dance element</a></li> </ul>
STEP 5	Individual skills	<ul style="list-style-type: none"> <li>• Handspring – running steps to punch front salto</li> </ul>

STEP 6	Individual skills	• <a href="#">Backward roll to handstand blind change</a>
--------	-------------------	---

## BEAM

STEP 1 beam is about transferring those great shapes learned on floor to another apparatus (tuck hold showing good footwork,

STEP 1	<a href="#">Full routine</a>	<ul style="list-style-type: none"> <li>• Tuck hold</li> <li>• Cast to knees - First step to towards a good cast to squat/stoop on</li> <li>• <a href="#">Dish, arch, dish</a> - Hands ready for handstand work and contraction in chest to help with handstands and future dance skills</li> <li>• Front support section, requiring core stability and develops balance for beam</li> </ul>
STEP 2	<a href="#">Full routine</a>	<ul style="list-style-type: none"> <li>• <a href="#">Cast to front support</a> - This is to develop the cast for both bars and beam, gymnasts need to lead with the heels above the beam before landing on the beam and this is the second step after cast to knees</li> <li>• Bunny hop to tucked handstand - Hands in butterfly position, straight arms by ears, nice rounded back</li> <li>• Note arabesque snap to toes and backwards walk</li> </ul>
STEP 3	<a href="#">Full routine</a>	<ul style="list-style-type: none"> <li>• Mount</li> <li>• Pike, dish to stand - show good flexibility &amp; contraction through chest</li> <li>• Candle/shoulder stand roll</li> <li>• Assemblé – 2 x stretched jumps</li> <li>• <math>\frac{3}{4}</math> or full handstand, snap and 2 walks backwards</li> </ul>
STEP 4	<a href="#">Full routine</a>	<ul style="list-style-type: none"> <li>• Rond de Jambe en L'air to arabesque</li> <li>• Dance before dismount</li> </ul>
STEP 5		<ul style="list-style-type: none"> <li>• Cartwheel – stretched jump dismount</li> </ul>
STEP 6		<ul style="list-style-type: none"> <li>• Mount – wolf half turn</li> <li>• Cartwheel – back salto dismount</li> </ul>