	SHAPES	FLEXIBILITY	STRENGTH	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR		Vault	Vault
	SHAPES & BODY TENSION & JUMPS	& WALKOVERS										
Tekne 1 Bouncers Beginners Aerials	Shapes - straight, star, landing, tuck, strackle, pike, arch, diah, front support, standing lunce forwards.	enage	V-Sit hands on floor, hold 3 secs	F.Rol down a slope to end in tuck sit or stand	Rock'n Rol with Dackward Rol Hand Placement	Carteheel over the red booster block		Spiderman Handstand hold for Seecs			Jumps on floor to Landing Shape - Sinaight, Tuck, Star	Stretch rebour jumps (air trac pod or springboard)
	Shapes do not need to be perfect bud gymaet needs to have knowledge of the shapes. Dish shape can have one log bent. Standing lange is for entry into moves, not a splits	Bridge no need for perfect form but head should be clear of the floor and hands facing the correct direction.	Estraight logs and pointed toes	Good form and presentation, legs together, end in tuck shape or to stand up with no hands	Whole pairner auface of hand to touch floor. Body in a good tack shape with hips lifted as hands contact floor.	Ede-Side cartaheel. Can go slighty off vertical but must have an effort to push into it from legs.	Feet and Legs logshar, straight arms. Can be travelling or static. Can be little or big burny hops.	Minimum 40° Braight arms, arms by ears. Obsat in so none or minimal arch in spins.			Good form and preclass shaps in the air. Mean show landing shaps.	Jump coning t rebound and v no bent legs. No collepse in body tension throughout
iskne 2 Iourcers Ioginners erists	Shapes - straight, ster, landing, tuck, stradde, pike, anch, dab, front support, standing lunge forwands.	One ot - Bridge - Japana min.45 ^o	Stradde and Pile Lower Peps, either: Hips lited off while feat still on floor Ja. or hands flat on floor and reaching forwards thi legs reaching control be small of floor Jak	F.Roli to stand	B. Roll using Slope	Cartaheel	Nick to 1/2 Handstand (Tekne TickTock Handstand)	Spiderman Handatand hold for 10 seconds			Ran hundle step straight jump from springboand onio a mat	
Droe gymnasts use passed this outgo thay not solve to the Journers nermediate class. Gymnasts may also move at he coaches flacretion.	Shapan to have good form- og, pointed teas, atnight lega Standing lange is for entry lefo moves, oot a splits atnetch.	Bridge with arms straight and by easn. No requirement for spartnerthy straight/hogeher lags, (prioritating) working towards shoulders over shoulders over shoulders over hyperestrasion). Japana min45° Japana twis45° tacing ceiling,	Legg must be straight. Hands must be positioned correctly facing forwards or with a minimal amount of thering outwards. If gymnast can do a straddle or plan have list them do the whole mous indexed	Must show good form. Sinsight shape before and after the roll. Chin on cheat throughout the roll. Longs to shand up at end.	Must land on leet not inees. Cas start from sitting on end of alone, or from croach on slope. Hands must make All contect contact with the wedge.	Side to side Straight or nearly atssight legs	Good shape with no arch is back, Arms straight and by ears. Return to longe. Must be close to verifical with tonso.	Minimum 40° angle from wall. Very good shape, no arch in spinn, straight arms, arms by sears, open bips.			Good form on board and is air. Good arm saving and amight shape is the air. Landing shape to be held 2a. Springboard can be pairtor or full stan, relevant to gymnad's ageluize.	Good arm well and straight if in the air, Landing shape be held 2x. Higher surface eg.red block.
ROUTINE	Backward Roll Usin Springboard hurdle	g Sibpe - 1/2 turn or step straight jump o	n feet - Forward Roll I nto safety mat.	o Stand - Forward R	ol to straddle or pike	sit - Lever Phep - Jap	oana - Bridge - Rock	to stand - Tekne Tic	KTock/1/2 Handstand	- Carteheel - Sitelic	h Jump Tuck Jump	
Takne 3 Bouncers Intermodule Aerisis	Dish Rocks x5 Arch Rocks x5 Supine body tension lift	2/5 of: - Bridge with shoulders over hands and legs atraight. - Wall walk to bridge and back up - Hadstand to bridge with mat - Japana (nearly	Stradde or Pike Laver prep (Hps and one foot lifted Jasecs)	Forward roll showing push from feet and intermediary pike position.	Eachward Roll starting halvay or near the bottom of the slope.	Cartahael Front to Back	Kick to handletand	Spiderman Handriand. Able to Ethitep hands forwards and backwards and maintain a good shape.			Straight Jump to two creath mails or ned (wedge) block	Jump to forwar roll on elevated aurtisce/red bio
	Dish rocks may have one bent leg.	Wall welk should have (close to) straight arms throughout. - Handstand to bridge must show some control plus opening of shreakters	Pile hips must be bahind arms. Can do ful lever if they can.	Crouch tuck to pile to tuck in to atand. Logar must be active and not fall towards face.	From standing/crouch on the slope. Hends must make proper contact with the slope/floor, and must land on feet not invest	Looking for a T position but hands must turn at the very minimum aldeways.	Good ahapa, no requirement to hold. Must be within 10° of vertical with forso. Must return to a lunge.	Working towards the handstand moving safely to closer to the well. No arching of spine or loss of shoulder push.			Emphasis on entry, based action,	From springbo or air track/po Red block with mat on top.
Takne 4 Dourcors Intermodiate Aerlah	Dish Rocks x5 Arch Rocks x5 Supine body tension lift Front Support body tension lift	3/5 of: - Bridge kickover with skipe or feet beginning on - Wall walk to bridge and back up - Headstand to bridge with mat - Japana (nearly	Stradde and Pile Lever preps Lever using red booster blocks	Handstand Forward Roll from Spideman handstand on vali or from object supported f12 handstand onto a safety mat.	Backward Roll	Cartwheel Front to Back step second foot in to end with feet together.		Spiderman Hendeland hands close to well			Straight Jump to Red Block	Kick to Handa Flatback to ma
	Front support if can not lift then lightly press on gymnasts back to check back does not go loose.	Wall walk should have (close to) straight arms throughout - Handstand to bridge must show acres control plus opening of shoulders.	Straidde Lever using one block. Plike lever using two blocks. No requirement for legs to be above horizontel but legs should be straight.	Must not collepse/pike as the roll happens, must lead the moving in the correct direction. Preferably done with straight arms	From standing'crouch. Hands must make proper contact with the slope/floor. Ending position optional but must land on feet.	Good Form with a good lungs and reach into the move. T-hands. Not a roundoffyet!	Can be either a handstand with legs logether, or a handstand with one leg vertical and one leg horizontal, but must show a hold for 3 seconds.	Must show good shops. Only feet allowed to touch the well, feet can be pointed or fexed. Also able to safely exit from this			Good form throughout	Good entry, g shape through with shoulders open and back flat, landing in tight straight position.
FESTIVAL ROUTINE	Kick to Handstand Rocks X3 - Arch R	(no hold required) - I acks X3 - Bridge - w	Forward Roll to Stand alk to booster block i	- Cartwheel Front to nd lever hold.	Back - Backward Ro	il to stand - Lower to	alt in straddle - Japo	na OR Spits - Dish			Straight Jump to Red Bit 38cm) Handstand Flatback to a	ck/ault wedge dety Mats.
Tekne 5 Bouncers Advanced Aerials	Dish Rocks x10											
Advanced Aerials	Dish Rocks #10 Arch Rocks #10 Dish to Arch to Dish Long front support	Drop Back to Bridge to Bridge Notower Ticklock using stope or safety mat	Stradde and/or Pike Lever 3s	Handstand Forward Rol atraight or bent anna	Back Rolf to front support using slope	Any 2 ct: Round off from a higher surface." Canterheel Round off is front lie on a safety mat. Roundoff to leseling on a large safety mat. "	Very beginning of the Preps and developing correct ahopes and push - Jump backwards to backle on approx hip height." Hip Edension drift" Flic trainestroller with coach assistance.	Hendupring Prepar Hendrated hop Past kick to handstand with mat on seal	Hendetend Hold In		Hendspring Faktuck on Red Blocks (38cm) or two xelety mats	
Aertah	Long front support	Ticktock using slope or solitely mail Ticktock, only one foot should truch down.	e	Bent or satsight arms, must lead positions in Nps. May use a bit safety mat.	Sinsight arms.	Round off from a higher authors." Catabhael/Round off to hont is on a advery mat. " Roundoff to kneeling on a large advery mat. " Eq. from booster blocks, reards on a blocks. Hards on a block with chard poslice with chard poslice with chard pright.	In backle on apring mark bat is approx top height. Hg. Edenistic diff" File taileentroller with coach assistance. "Mast show comet entry parties and jamp at 181 of balance. "Start is assist position and jamp at 181 of balance. "Start is assist boater black and move force and jamp and backing toes and move force and position and in tops that				Shearing good action on and hore spinghawd, maintairing body ternitor.	
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