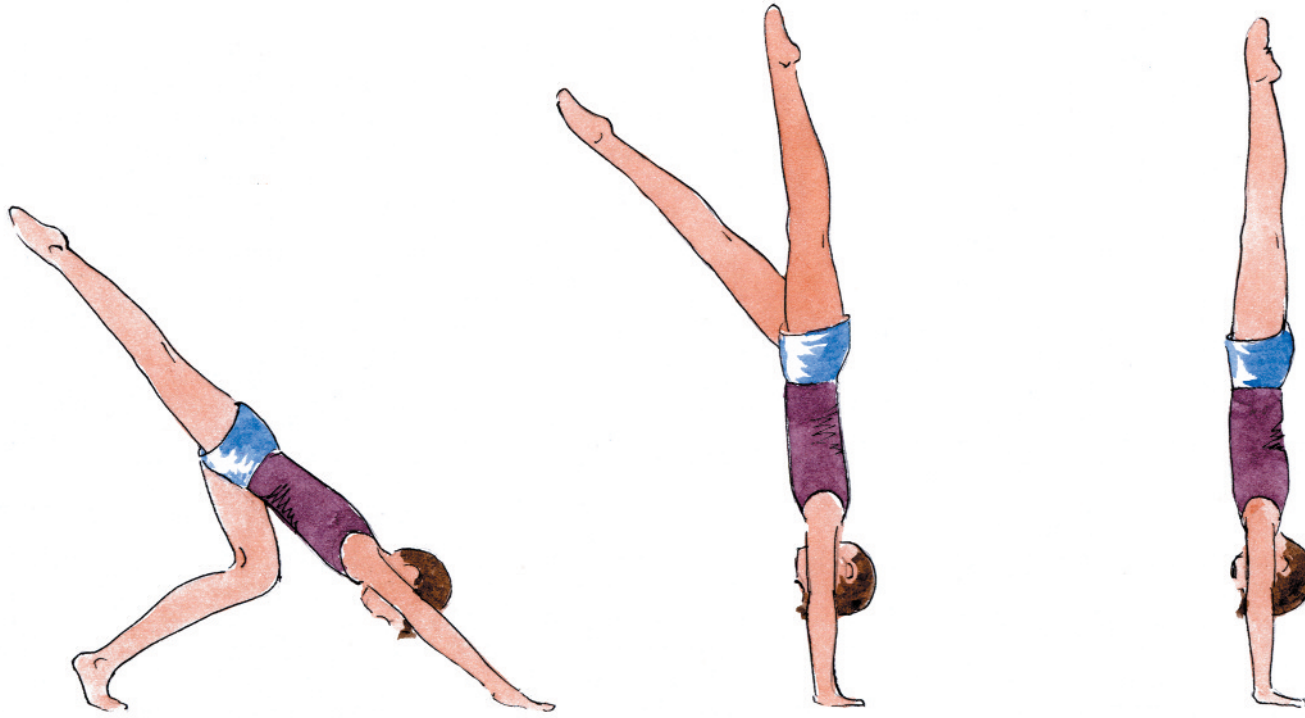


7.1

Handstand hold 3 seconds

LEVEL 7 • SKILL CARD 1



Guidance Notes

1. From standing straight, with arms up and foot pointed in front, lift the lead leg and step forwards into a deep lunge. Simultaneously reach forward and down with the arms, placing hands, fingertips first then palms flat, with wide fingers firmly gripping the floor. Hands are shoulder width apart with index finger pointing forwards.
2. Swing the rear leg up and push off the lead leg. The swing and push of the legs create the required momentum to lift the hips above the hands. To bear the weight on the hands, the arms must maintain good support and hands push against the floor to extend shoulders. As the hips arrive above the hands there should be a deceleration by pushing firmly from the hands up through the body. The whole body should be held straight with eyes looking down to see fingers. Fine control movements in a straight balance are made through sensitive adjustments in pressure on the hand/finger tip area.
3. From the inverted position, there should be a gradual release of tension in the abdominal muscles to allow the legs to be lowered to the floor. The landing foot is placed close to the hands, with the second foot landing further back to show the lunge position, before finishing standing straight.

Teaching Points

Body

Stretched tight body, head tilted slightly to see hands, suck and tuck

Legs

High lead leg lift, lunge step, swing and push, legs tight together in air, feet pointed

Arms

Flat hands shoulder width apart, place fingers first then palms

Timing

Smooth entry, hold for 3 seconds

Common Faults

- Arched back
- Bent legs, legs apart
- Unable to reach vertical
- Unable to maintain balance

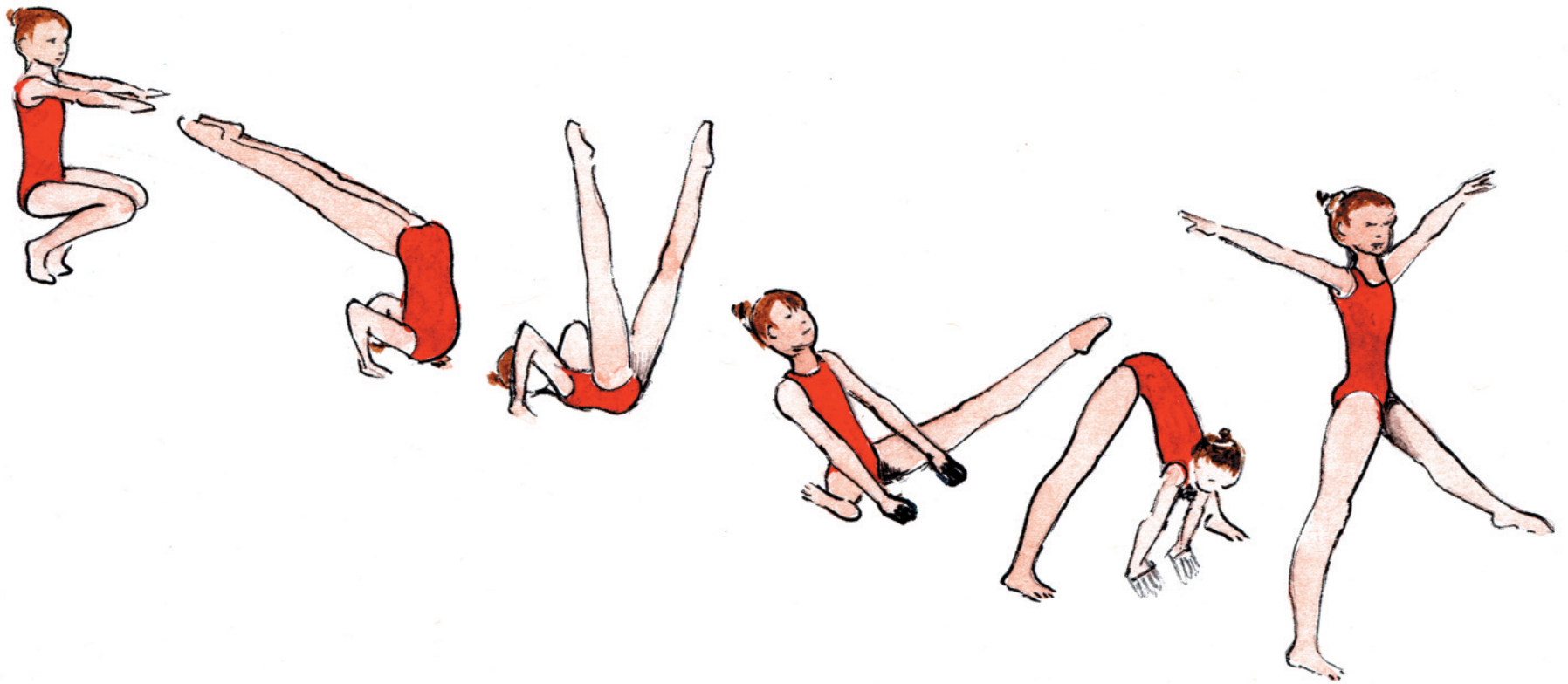
Possible Cause

- No “suck and tuck” shape used
- Lack of tension
- Not moving shoulders over wrists
- Lack of ability to control movements

7.2

Forward Roll to Staddle

LEVEL 7 • SKILL CARD 2



Guidance Notes

1. This is a further development of the forward roll. It is necessary to be confident in all forward rolling actions to avoid injury when landing forwards and over-rotating.
2. Stand with arms stretched upwards, chin up but eyes looking forwards and down, legs straight and feet together. Bend knees forwards and lower arms to horizontal. Create a slight curl in the spine with shoulders falling in front of hips. Feel weight on balls of feet.
3. Take off by pushing through the legs, reach forward and place hands flat and shoulder width apart on the floor. The gymnast should keep the body curled with head tucked in. Back of head may touch floor. Keep body round as the legs drive straight into the roll.
4. Approximately half way through the roll the gymnast should straddle the legs to 90°. Reach forwards and through the legs with the arms to place hands on the floor slightly inside shoulder width with fingers pointing forwards.
5. On completion of the roll the gymnast will rise and jump feet together and arms up to show a straight standing position.

Teaching Points

Body

Keep tight, chin tucked in, rounded back

Legs

Push with legs into roll, legs straighten, feet pointed, late straddle of legs about half way through roll, drive heels to floor

Arms

Flat hands, fingers point at each other, shoulder width apart, thrust through shoulders when they in front of hands

Timing

Straddle legs late, about half way through roll

Common Faults

- Straddle legs too early
- Bent legs in straddle
- Far too wide straddle
- Fingers pointing outwards/inwards

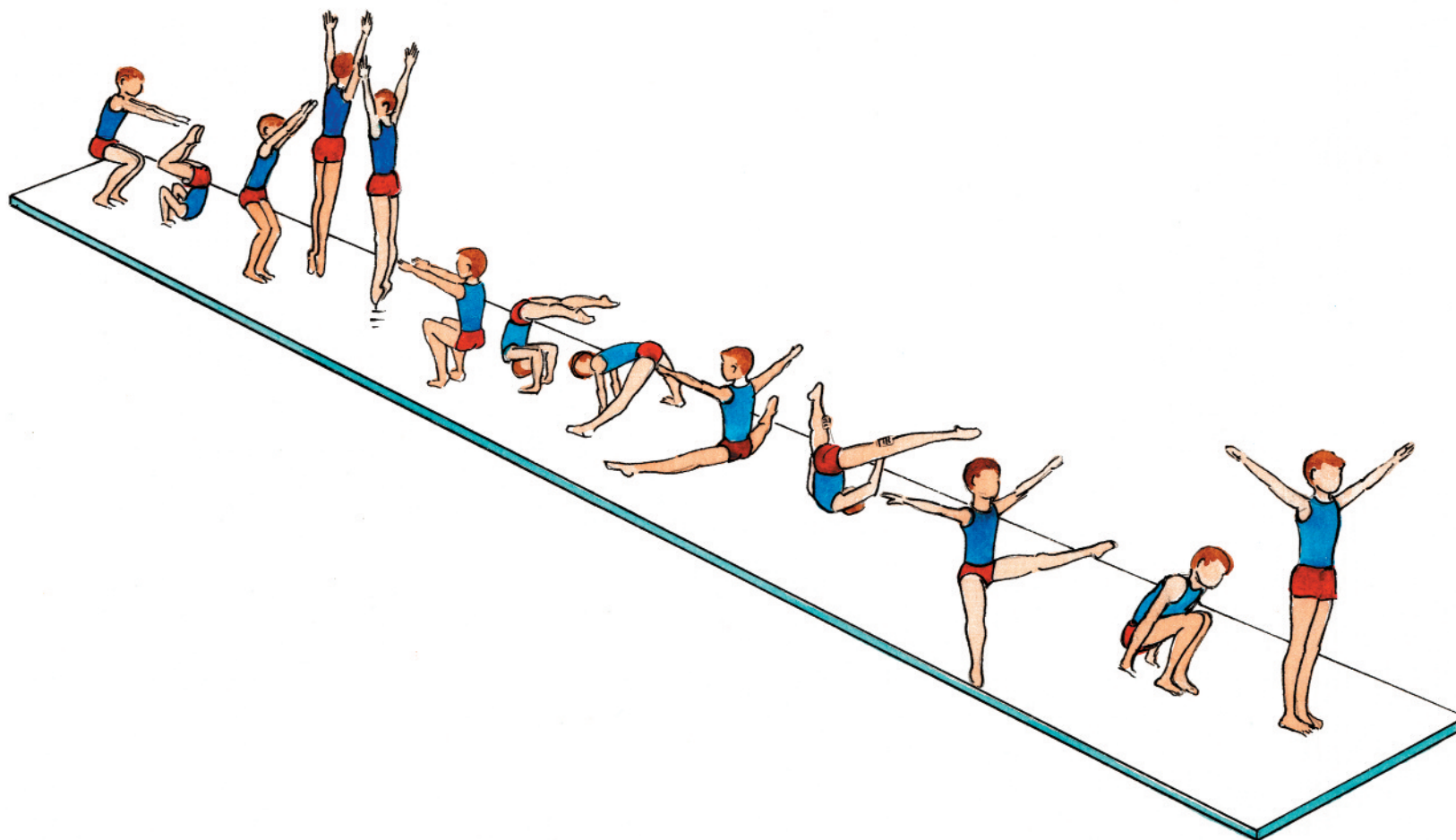
Possible Cause

- Incorrect action
- Lack of tension in legs
- Incorrect foot position
- Incorrect hand placement

7.3

Sequence

LEVEL 7 • SKILL CARD 3



Guidance Notes

1. As in any sequence there should be a contrast between static travelling skills which the gymnast can perform competently, such as rotational moves, flight, twisting, inversion, and static balances.
2. The sequence should show contrasts of level, from low, medium to high and flighted skills.
3. Contrasts in speed should be included, where there is slow to medium to fast accelerating movements, and static balances.
4. Contrasts in strength and flexibility should be included where some selected skills show a good range of movement, perhaps a split or straddle stretch. Strength holds or movements that require a great strength to body weight ratio, should form part of the sequence.
5. The skills selected should show a wide repertoire of movement skills, and there should be an even distribution of acrobatic type movements and dance skills where appropriate, leading to high points in the sequence.
6. Finally, there should be adequate use of the floor space, covering the length of the floor strip with variations of direction.
7. Perform this sequence: Forward Roll, Jump Half Turn, Backward Roll to Handstand, Backward Roll to Straddle, Circle Roll, Stand.

Teaching Points

Body

Legs

Arms

Timing

Common Faults

- Breaking the series of moves
- Domination of skills
- Lack of variation
- Poor use of floor area

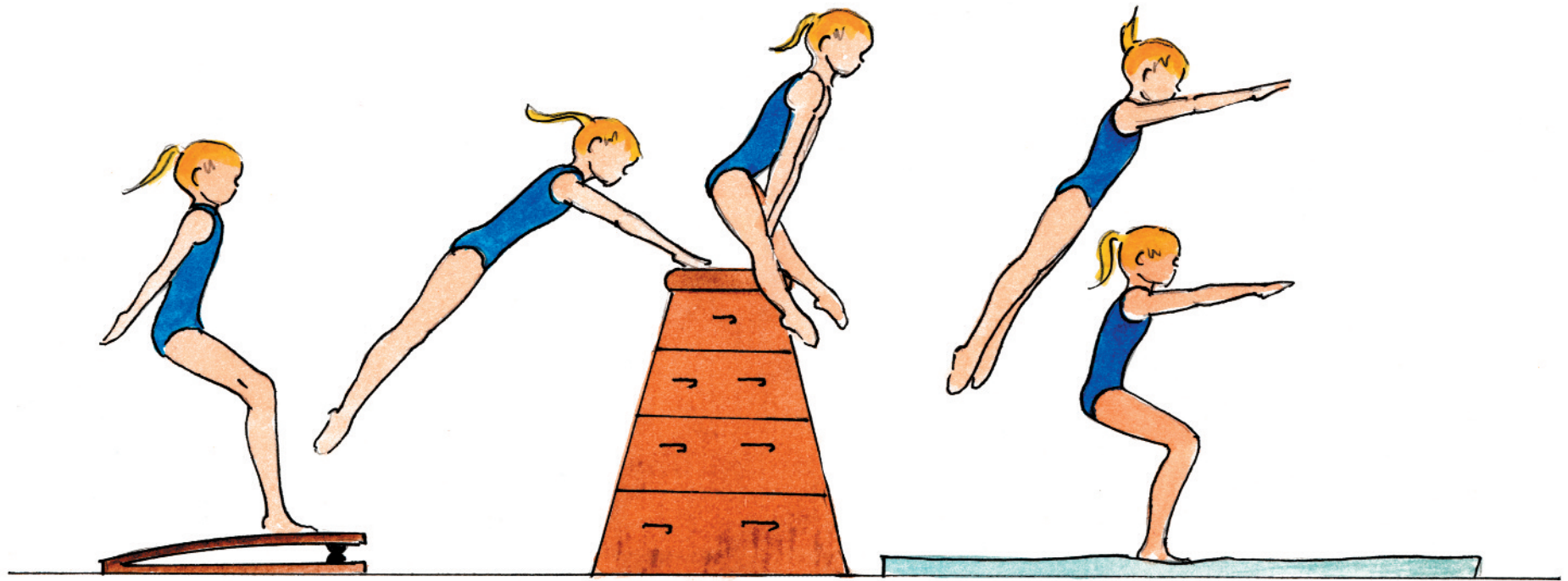
Possible Cause

- Skills chosen do not lead into next
- Chosen too many of the same kind of skill
- Limited vocabulary of skills to use
- Skills chosen do not travel far enough

7.4

Straddle vault

LEVEL 7 • SKILL CARD 4



Guidance Notes

1. From a short run to a spring board, use the hurdle step as previously learned in Level 3 to bounce from two feet, placing both hands on top of the box or medium height movement table, and straddle the legs over the box in order to perform a straddle vault with no support to land safely on floor.
2. To perform the straddle action the hips should be raised high enough to allow the legs to be opened and swung around the outside of the box. The arms push strongly thrusting through the shoulders to counteract the over rotation caused by the hip and leg lift.
3. The arms swing and reach forwards as the legs remain straight , stretching the body out and lifting the hips slightly higher than shoulders, and heels slightly higher than hips in the first flight from spring board to box/table top.
4. When the gymnast has stretched the body out in the air, the legs straddle and the hands thrust from the box top creating enough lift to allow space for the legs to swing round. The gymnast must lean the shoulders forwards slightly on take off in order to travel upwards and away from the box top. The shoulders thrust downward and the arms swing up to stop just in front of the ears to transfer some of the momentum to the body and give flight. Keep the body tight and stretched in the air.
5. During second flight, the gymnast should join the legs for landing.

Teaching Points

Body

Held tight, head in line with body throughout, high hips

Legs

Straight and straddled, joined for landing. Point feet

Arms

Thrust through shoulders. Arms swing forward and up

Timing

Shoulder thrust creates a counter rotation, on - thrust - off

Common Faults

- Lack of height in second flight
- Landing on feet on box in straddle
- Knees bent passing elbows in support
- Hitting bottom on end of box

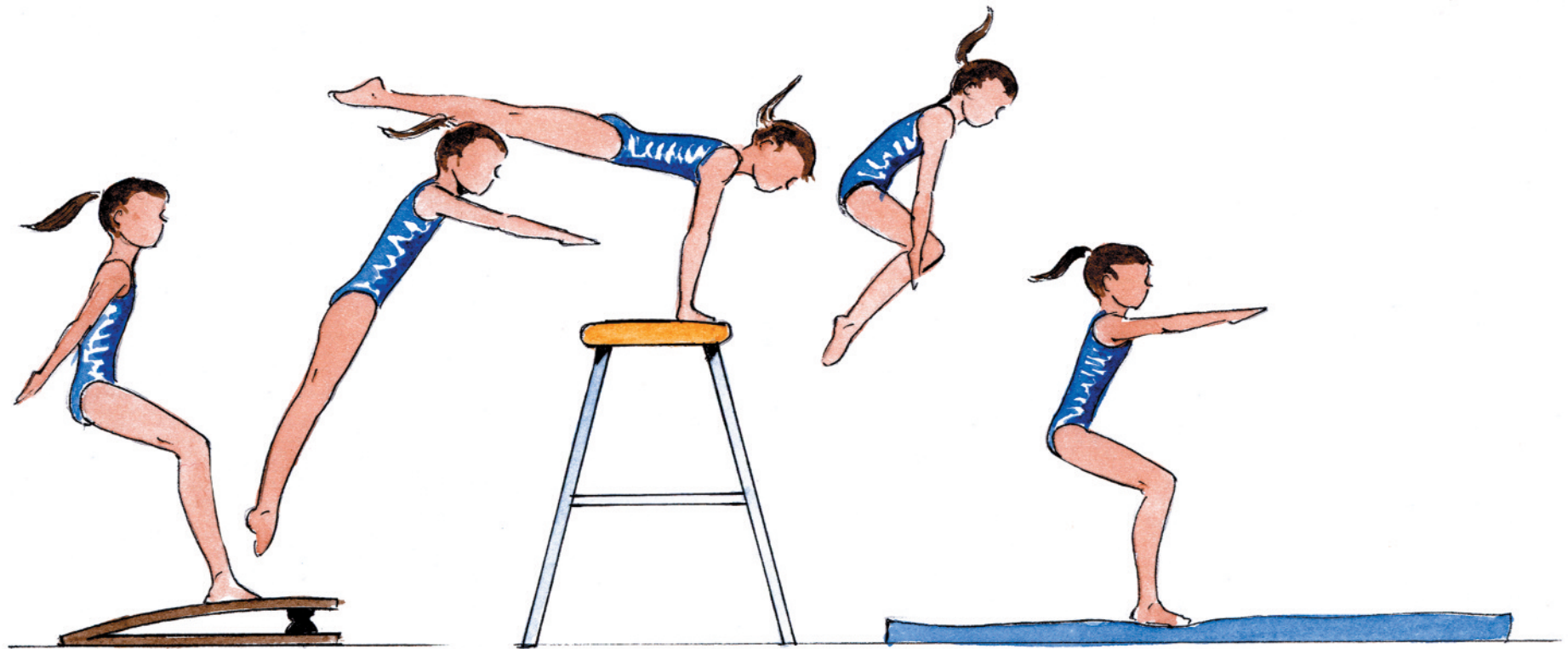
Possible Cause

- No thrust from box top
- Hips too low
- Lack of flexibility
- Shoulders not far enough forward

7.5

Squat through vault

LEVEL 7 • SKILL CARD 5



Guidance Notes

1. The flight onto the horse should be low and flat with the body extended and the arms reaching forwards to make an early contact with the horse/movement table.
2. A strong thrust from the arms and trunk is made against the horse to cause the shoulders to be elevated and initiate the counter (backwards) rotation.
3. Upon release of the hands the knees are quickly driven forwards into the tucked position. The arms should travel backwards, sideways and upwards from this point.
4. The body and legs are then vigorously extended and the arms raised above the head to reduce the rotation prior to landing.
5. The legs are then kicked forwards into a dished shape in order that the feet make contact with the landing surface ahead of the body.
6. Upon contact with the floor, the arms are brought downwards to reduce the impact and to the sides to maintain balance.

Teaching Points

Body

Held tight, head in line with body throughout, high hips

Legs

Tuck knees into chest, legs tight together, stretch out for landing, point feet

Arms

Thrust through shoulders, arms swing forwards and up

Timing

Shoulder thrust creates a counter-rotation, on - thrust - off

Common Faults

Hands remaining on box top on landing
Landing on knees on squat
Knees passing elbows in support
Hitting bottom on end of box

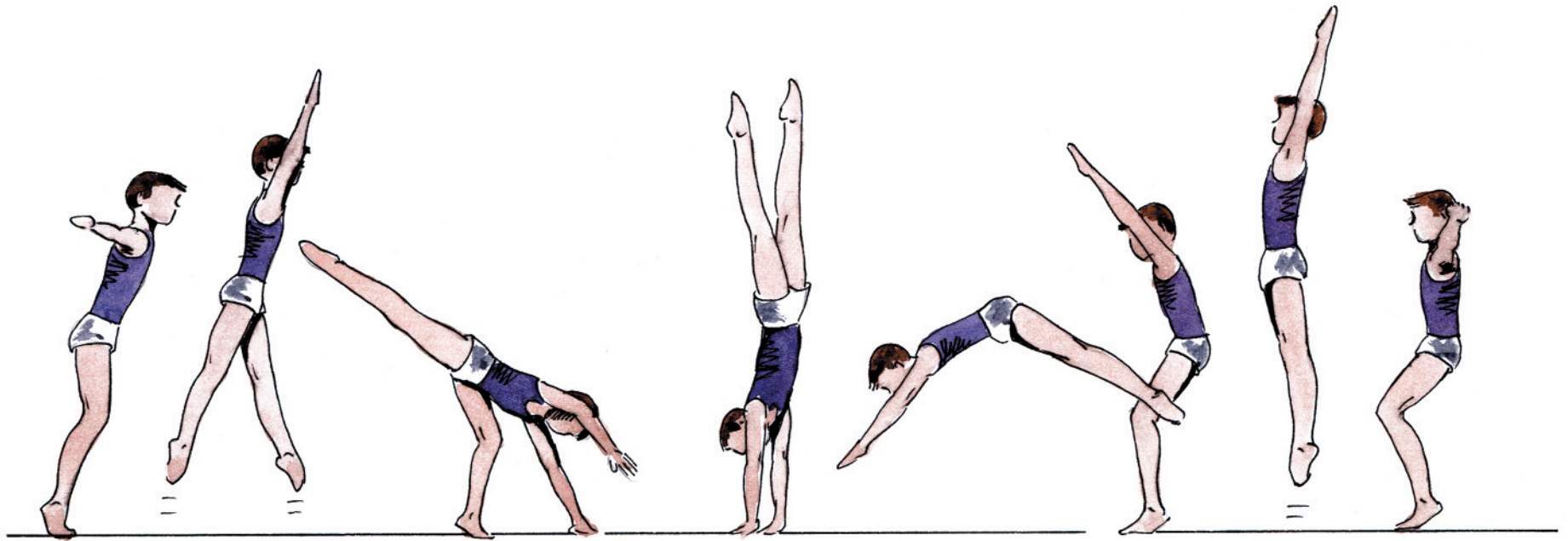
Possible Cause

No thrust from box top
Hips too low
Lack of thrust through shoulders
Shoulders not far enough forward

7.6

Round off jump

LEVEL 7 • SKILL CARD 6



Guidance Notes

1. The flighted hurdle step should be performed with good body stretch and tension and should travel forwards and upwards.
2. The chest should be driven downwards towards the front thigh. The trunk begins to twist to allow the hands to be placed on to the floor in the correct position in front of the leading foot.
3. As the legs approach the slightly dished handstand position a strong hip flexion occurs to bring the body into a dish shape. This creates a slight angle in between the chest and arms and increases the force on the hands.
4. The instant the legs are snapped downwards and inwards towards the hands, a powerful thrust from the arms and shoulders is introduced to cause the chest to rise rapidly (The Flight). The dish shape should be maintained throughout the flight phase and the body should continue to rotate about the feet upon contact with the floor.

Teaching Points

Body

Chest close to thigh on entry, head in line with body but turns to see hand placement

Legs

Join together quickly in air, joined just after vertical, snap legs down to rebound

Arms

Stay by ears, strong thrust off arms, hand placement shoulder width, flat, second hand fingers point back at first hand, hands placed either side of centre line

Timing

Accelerates the body

Common Faults

Hands too far to one side
Late joining of legs
Legs swinging round the side

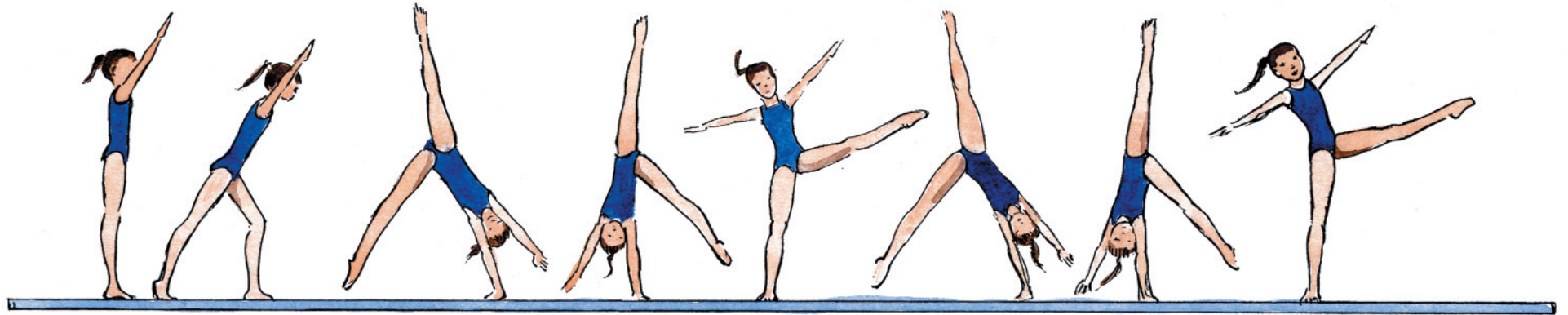
Possible Cause

Lack of understanding of correct placement
Not differentiating between round off and cartwheel
Lack of hip mobility

7.7

Two cartwheels

LEVEL 7 • SKILL CARD 7



Guidance Notes

1. The sideways cartwheel can now be used in series with another sideways cartwheel.
2. Start standing straight facing forward, one foot pointed out in front, showing slight turnout of the knee. The arms are raised up by the ears, chin up.
3. Lift the lead foot forwards and up to between knee and waist level and then step forward into a lunge along the floor. Lean forwards and make a quarter turn with the body to place the near hand on the floor, followed by the far away hand as it reaches over the top. Drive off the first leg and swing the other leg over the top. The legs continue to pass over the top of the body and show a side split in the air, with the body remaining side on. Land on one foot at a time on floor. There should be a continuous movement into the next cartwheel without dropping the lead foot. The cartwheel action should be smoothly repeated by driving off the second landing foot, and swinging the rear leg.
4. The body remains sideways throughout both cartwheels to finish sideways.

Teaching Points

Body

Tight body, quarter turn in, sideways throughout, head back slightly to see hand placement on floor

Legs

Strong swing with the back leg, and drive off the front leg, legs straight in side splits throughout, feet pointed

Arms

Strong and straight, fingers point sideways, hands shoulder width apart

Timing

Smooth connection. Flowing movement

Common Faults

- Both hands down at same time
- Cartwheels deviating from straight line
- Unable to link
- Bent legs
- Grounding leg between 1st & 2nd cartwheel

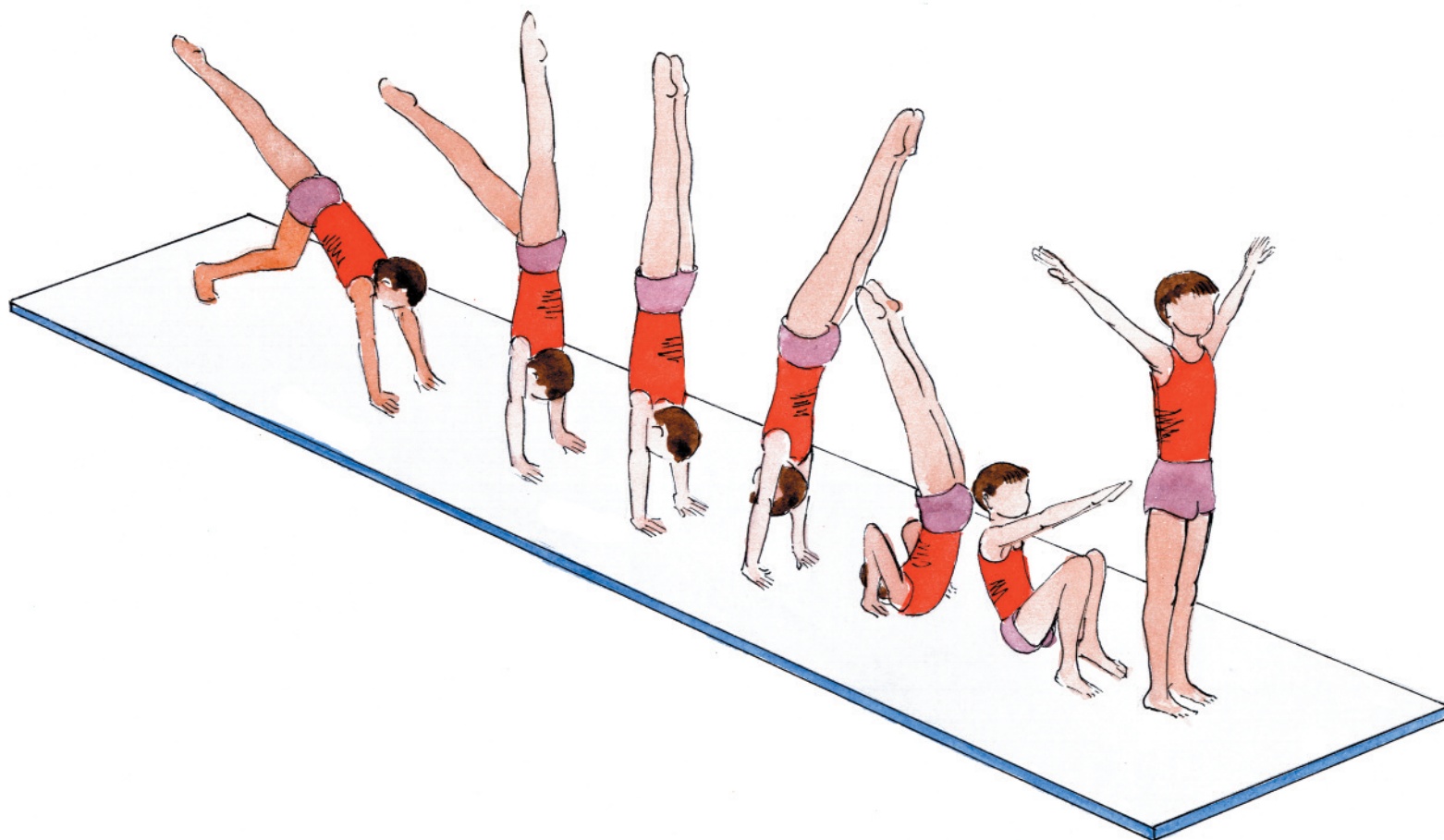
Possible Cause

- Incorrect timing of hand placement
- Arched back, legs swinging around side not landing sideways
- Feet not flexed for landing
- Lack of tension in leg leading into 2nd cartwheel

7.8

Handstand to forward roll

LEVEL 7 • SKILL CARD 8



Guidance Notes

1. From standing straight, with arms up and foot pointed in front, lift the lead leg and step forwards into a deep lunge. Simultaneously reach forwards and down with the arms, placing hands on floor, fingertips first then palms flat. Arms should be shoulder width apart with fingers widely spread and gripping the floor. The index fingers should be pointing forwards.
2. Swing the rear leg up and push off the lead leg. The swing and push of the legs create the required momentum to lift the hips above the hands. To bear the weight on the hands, the arms must maintain support strength and push into the floor to extend the shoulders. As the hips arrive above the hands there should be a deceleration by pushing firmly from the hands up through the body. The whole body should be held in extension, eyes looking down to see fingers. Fine control movements in balance are made through sensitive adjustments in pressure on the hand/fingertip area.
3. From the inverted position, the heels lead the body in a slight arch shape to begin falling over the top. The body is held like this in order to create momentum which the body can conserve as the tuck is made to give the forward roll enough speed to finish standing.

Teaching Points

Body

Stretched tight body, head tilted slightly to see hands, suck and tuck

Legs

High lead leg lift, lunge step, swing and push, legs tight together in air, lead with heels, tuck knees in to roll, feet pointed

Arms

Flat hands shoulder width apart, place fingers first then palms, reach forwards and up

Timing

Smooth entry, hold position before rolling out. Feet tucked in towards bottom to stand

Common Faults

Banana back
Bent legs, legs apart
No handstand shown before roll
Unable to show balance in handstand

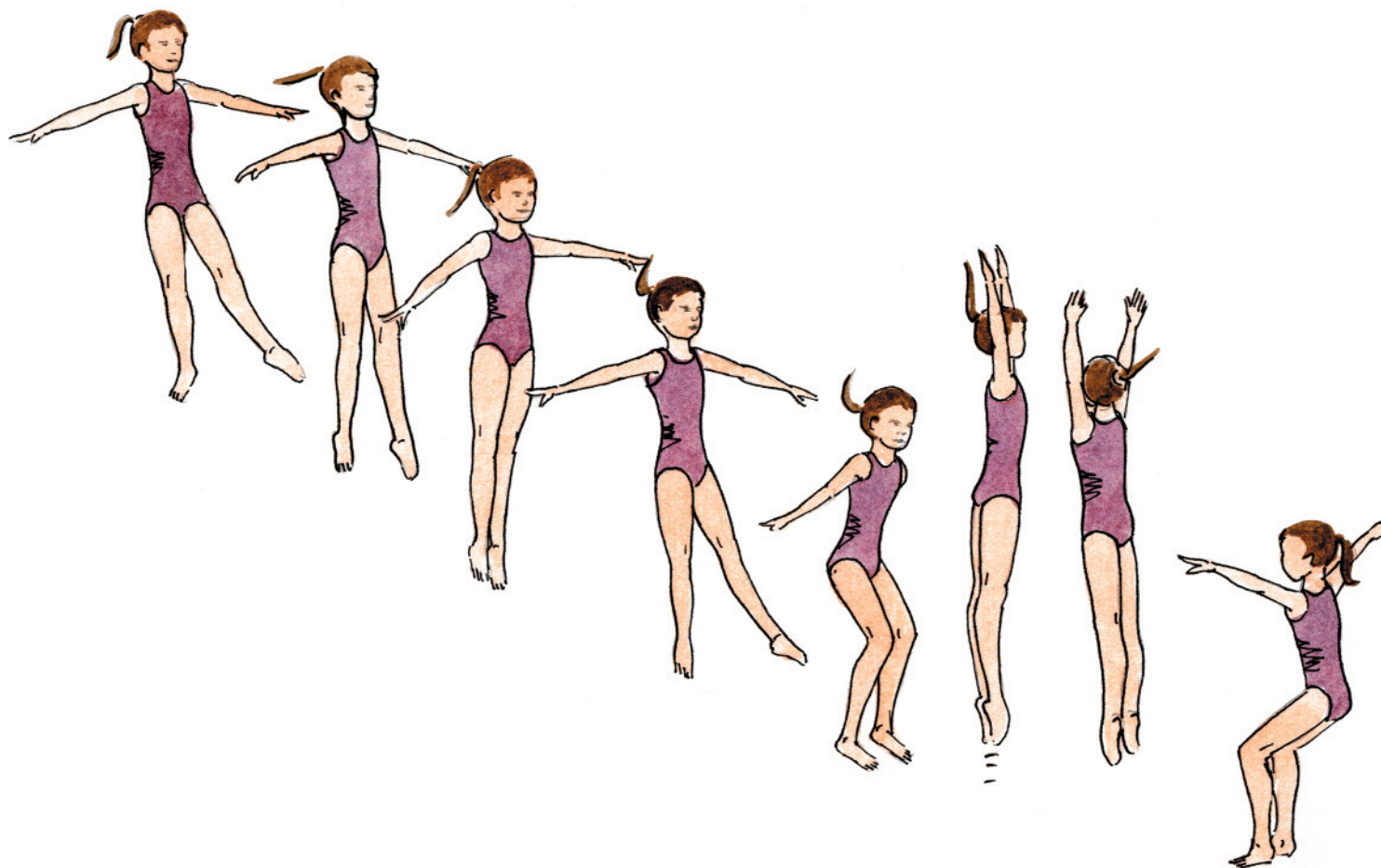
Possible Cause

No suck and tuck
Lack of leg tension
Tucking head in too early
Lack of ability to control movements

7.9

Chasse jump ½ turn

LEVEL 7 • SKILL CARD 9



7.9

Chasse jump ½ turn

LEVEL 7 • SKILL CARD 9

Guidance Notes

1. This is an important skill that is learned to avoid injuries when landing from twisting skills. It is known as a 'Direct Twist' as it is created by pushing directly against the floor.
2. Stand with one foot pointed out in front, slight turnout of the knee, arms held sideways horizontal. To begin the chasse step, step onto the lead foot and "skip-change", keeping the lead foot stretched forward with arms held at side horizontal throughout. Step the back foot in to join feet together.
3. Keep the back flat and straight throughout by using the 'suck and tuck' shape. There will be a slight bending at the waist to prepare the jump, and then again on landing. Head remains naturally in line with body, eyes looking forward and down.
4. Join feet with legs straight in preparation, feet flat and heels together. To prepare, bend knees half way (angle at knees and ankles is 45°, knees over the toes showing 45° hip angle).
5. Drive legs straight at knees and press balls of feet into the floor in the opposite direction of the desired twist. This will cause the heels to leave the floor. The toes are the last part of the foot to leave the floor in the jumping action. Keep body tight in the air, with arms stretched by the ears. It is important to remain straight throughout and turn head and shoulders to complete a half turn.
6. Land toes first, balls of feet, heels and bend knees under control to land safely, landing in the same position as described in the preparation phase. Straighten legs to stand.
7. The arm action begins from sideways shoulder level, and circles backwards and downwards in preparation. The jump action of the legs is complemented by the forward and upward swing, which is held slightly wide to allow the body rotation to be increased. From sideways the arms can be brought by the ears, down by the sides or wrapped in to the chest, then out sideways to shoulder level to control balance on landing.

Teaching Points

Body

Totally straight and tight, head and shoulders turn in direction of twist

Legs

Straighten legs quickly, absorb landing, land toes, heels, knee bend forward over toes, land feet parallel

Arms

Swing up by ears, arms sideways to control landing

Timing

Turn quickly

Common Faults

Over rotation of twist
Loss of balance
Arms too wide

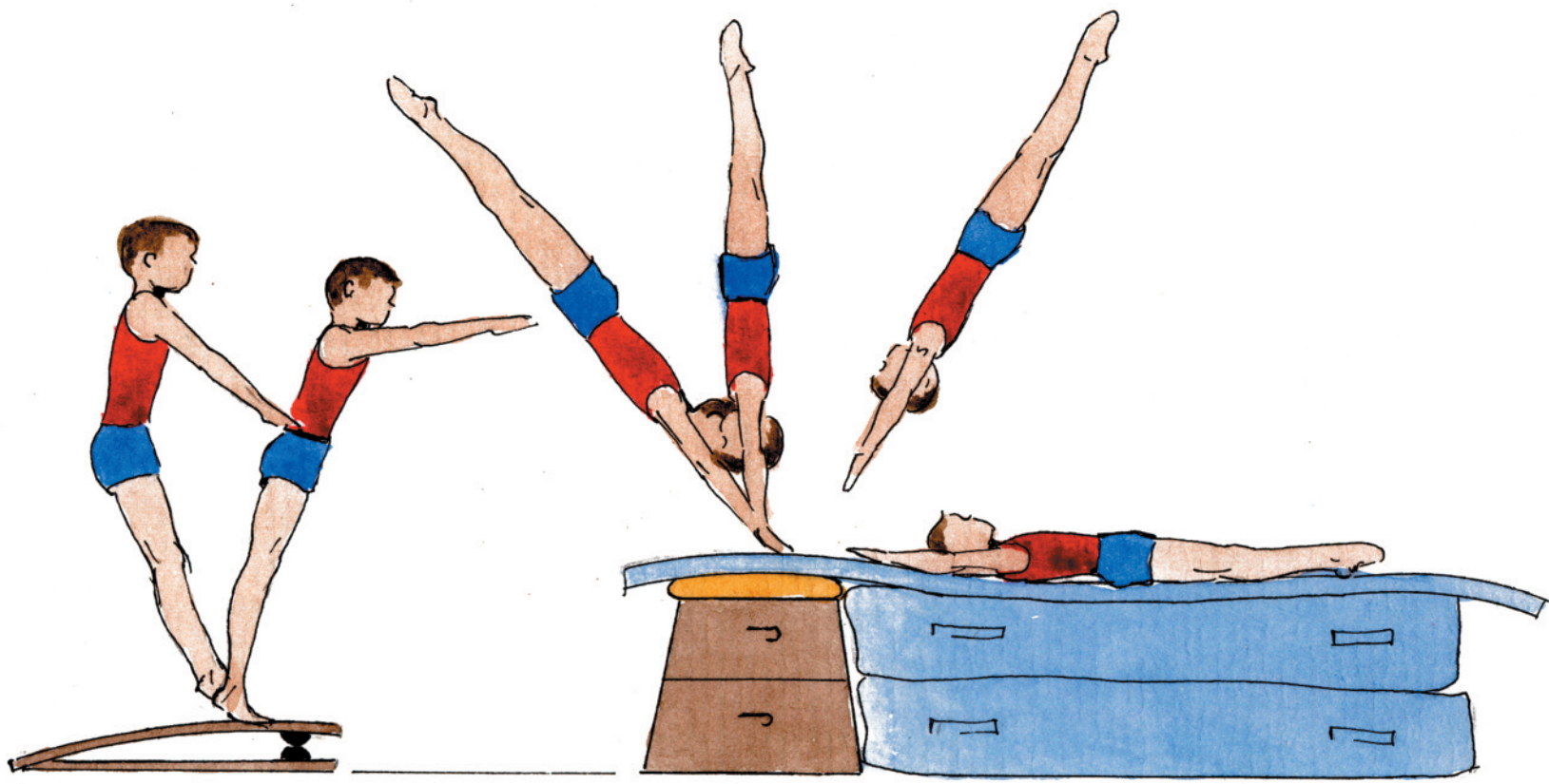
Possible Cause

Trying too hard
Unequal arms - turning too quickly
Incorrect use of arms to increase rotation

7.10

Handspring preparation

LEVEL 7 • SKILL CARD 10



7.10

Handspring preparation

LEVEL 7 • SKILL CARD 10

Guidance Notes

1. From a short run to a spring board use the hurdle step as previously learned in Level 3 to bounce from two feet, placing both hands on top of two sections of box or medium height movement table, and perform a handspring to land flat on the back on safety mats level with top of box.
2. Swing both legs up by driving off the springboard and leading with the heels into the first flight. The drive and lead of the heels creates the required momentum to lift the hips above the hands. To bear the weight on the hands, the arms must remain strong and push into the box top to extend the shoulders. As the hips and legs pass over the hands there should be a thrust through the shoulders by pushing firmly from the hands up through the body. The whole body should be kept in extension, head back slightly to see fingers.
3. The thrust is made just after the handstand phase to take the body upwards and away from the box. This should show some flight before landing flat on the back on a safety mat at the same height as the box top.
4. When confidence and ability improves, height may be increased to three and four sections of box, with safety matting built up to equal the height of the box top.

Teaching Points

Body

Totally straight and tight, head back slightly to see hands throughout

Legs

Stay tight together, feet pointed, drive heels into first flight

Arms

Thrust through shoulders just after handstand phase, straighten arms

Timing

Fast action, fast heel drive, slight arched in first flight and straight in second flight

Common Faults

- Hips leading through vertical
- Bent arms in support
- Rolling over onto back
- Bent legs
- No thrust off

Possible Cause

- Lack of speed in legs
- Incorrect thrust action
- Tucking head in
- Lack of leg tension
- Weak shoulder muscles