True Gymnastics Level 1/ 2 Routine Guidelines 2021

**Vault: Squat On/ Straddle On**

**\*Stick and finish!**

*Focus On- Strong run and board punch, hands land THEN feet land last*

**Bars: Glide swing, jump to front support, 3 casts, forward roll dismount**

**\*Stick and finish!**

*(substitutions such as pullover and back hip circle are permitted.)*

**Beam:**

**Straddle mount, squat to stand, champion stretch, 4 tiptoe/ releve walks, Straight jump, Arabesque**

**4 passe steps (flamingo), Dismount: Straight Jump, Tuck Jump or Straddle Jump**

**\*Stick, Finish!**

**Floor**

**Champion Stretch, Forward Roll, Finish, Backward Roll, Finish, Straight Jump, Tuck Jump, Tip up,**

 **4 L-Kicks, cartwheel, candlestick, lay down, bridge hold 1 leg \*STRAIGHT\* candle stick, roll up**

**\*Stick, Finish!**

**Please note that skills may be added or modified through the instructor for the betterment of the athlete- this is a baseline routine to ensure that each athlete has a plan to rehearse and practice for Show Week.**