

Spring Festival Boys

Beginner Boys, Tomcats

Vault: Jump on low block – straddle jump off freeze

Low High bar: Glide swing, stand, Pullover or jump to front support, cast 3x and freeze off the bar

P-bars: Jump up in middle swing a little lift legs in front and straddle, close behind you, tuck knees in front hold 3 sec., jump off between bars

Floor: cartwheel chaise cartwheel, scale turn around run round off jump backward roll

Level 2, Jets

Vault: Jump on low block straddle jump off freeze

Low High bar: Glide swing, pullover, 3 cast back hip circle, cast off freeze

P-bars: jump up at end, straddle travels to middle, hold tuck 3 sec. swing off at back

Floor: cartwheel chaise cartwheel, kick to handstand step down, scale turn around run hurdle round off jump backward roll

Level 3, Advanced jets, Pre-team

Vault: jump to handstand on porta pit (low) try to fall flat back and tight

High bar: Pullover, cast back hip circle, underswing, go to back, tap forward, let go in back and freeze

P-bars: jump up at end, straddle travels to middle “L” hold 3 sec, swing back, swing forward, swing off at back

Floor: cartwheel chaise cartwheel, kick handstand forward roll, jump 1/1 turn, step scale, turn around run round off pop stick

Hot shots

Vault: jump to handstand on porta pit (low) try to fall flat back and tight

High bar/P-Bars and floor: Level 4 routines