

Advanced Move-up List

Key:            1                    2                    3                    4                    5  
                  unable to do            can do with a heavy spot            can do completely alone

Athlete Name:

Date:

Vault:

- \_\_\_ Handstand flatback to 8 inch on floor
- \_\_\_ Run - hurdle - punch on board - straight jump onto full vaulting resi
- \_\_\_ 3 step run - hurdle - punch on board - straight jump reaching to cheese mat
- \_\_\_ Handstand flat back onto vaulting resi
- \_\_\_ Handstand shoulder shrugs against wall
- \_\_\_ Handstand block with springboard

Focus: arms down when punching on the springboard and tight by ears during the straight jump & during flight into handstand flatback.

Bars:

- \_\_\_ 15 second support hold
- \_\_\_ Pull up pullover
- \_\_\_ Hollow jump to bar
- \_\_\_ Spotted cast to horizontal to back hip circle
- \_\_\_ 45 degree cast back hip circle
- \_\_\_ Squat on at floor bar
- \_\_\_ Spotted front hip circle

Focus: hollow body in holds, jump to the bar & cast back hip circle & shoulders over past the bar in cast, returning to bar after casting not casting away.

Beam:

- \_\_\_ Releve walks with arms to ears & doing crown - press - down arms
- \_\_\_ Heel snap turn
- \_\_\_ Pile to big straight jump
- \_\_\_ Pile to small split jump
- \_\_\_ Forward & backward kicks to horizontal
- \_\_\_ Big step to leap
- \_\_\_ Spotted handstand on medium / high beam
- \_\_\_ Spotted handstand dismount on high beam

Focus: arm positioning / mirroring, looking at the end of the beam, homebases.

Floor:

- \_\_\_ Releve walks with arms to ears & crown - press - down arms
- \_\_\_ Handstand straight arm forward roll
- \_\_\_ Straight arm backward roll to push up
- \_\_\_ Handstand
- \_\_\_ Cartwheel
- \_\_\_ Cartwheel step-in jump stick finish
- \_\_\_ Round off rebound jump stick finish
- \_\_\_ Chasse - step - leap - step - punch straight jump
- \_\_\_ Back walkover
- \_\_\_ Half turn

Coaches Comments: