

Beginner Move-up Checklist

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

Athlete Name:

Date:

Vault:

- Safe landing position
- Step - hurdle - punch springboard (arms should be down on the board and pull up while they do their straight jump)
- Handstand flatback to 8 inch on floor
- 3 step run - hurdle - punch on board - straight jump onto ½ resi - step kick to handstand flat back

Focus: arms down when punching on the springboard and tight by ears during the straight jump.

Bars:

- 5 second support hold
- Spotted pullup pullover
- Spotted 5 second candlestick hold on bar
- Spotted no cast back hip circle
- Mad cat holds

Focus: hollow body in holds and no cast back hip circle, also looking at toes in back hip circle.

Beam:

- Releve walks (forward - backward - sideways)
- Coupe walks
- Passe walks
- Pile hold (5 seconds) to releve hold (5 seconds)
- Small forward kicks & Backwards kicks
- Lunge to T
- Bunny hops
- Running

Focus: arm positioning / mirroring, looking at the end of the beam, homebases (pile, lunge, beam feet).

Floor:

- Releve walks (forward & backward)
- Forward rolls
- Backward rolls
- Cartwheel off a mat / down a cheese
- Straight jump off / onto panel mat stick finish
- Handstand hold 5 seconds against cheese
- Heel snap turn
- Bridge hold (5 seconds) with feet on mat

Coaches Comments: