BARS BASICS			FLEXIBILITY		
1	▶ **Push up hold** With hands on a parallette Hold for 10 seconds		1	▶ **Chassé** 5 Times left	
2	▶ **Handstand with heels against a wall or a mat** Hold for 10 seconds		2	▶ Chassé 5 Times right	
3	▶ Straddle support With hands on a parallette Hold for 10 seconds		3	▶ Bridge Hold for 10 seconds	
4	▶ L-shape Hold for 10 seconds		4	▶ Split left Hold for 10 seconds	
5	▶ Pull up shape with heels on block Hold for 10 seconds		5	▶ Split right Hold for 10 seconds	
6	▶ Chin lever shape in even bars		6	▶ **Middle split** Hold for 10 seconds	
	▶ Stretched line (hanging) Hold for 10 seconds			▶ Bridge with feet on higher surface	
	▶ Tucked shape			▶ Bridge with one foot up in the air ("tic")	
	▶ Push up shape			▶ L-shape	
	▶ Hanging in a pull up position			▶ Split left with flexed foot	
	▶ Support even bars			▶ Split right with flexed foot	
	▶ **Going to the other side in support position**			▶ **L-shape, with belly onto legs**	

COLOURFUL GYMNASTICS

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Talent Development Program
Level 1

Name	
Age	
Season	

GYMNASTIEKVERENIGING
PRO PATRIA ZOETERMEER

Example

VAULT			UNEVEN BARS		
1	**Front roll** Block - Trampoline - 2 mats		1	**3 Casts onto two blocks**	
2	**Tucked jump** Block - Trampoline - 2 mats		2	Front support going forward & showing shapes: V-shape & L-shape	
3	Stretched jump Block - Trampoline - 2 mats		3	Stretched, arched & hollow line Hold for 5 seconds	
4	Handstand to back		4	Pull over	
5	Running position left & right		5	Back hip circle	
6	Bouncing with arms next to body On a trampoline or airtrack		6	**Long push up hold**	
	10-20 Rope skipping			**Pull over with feet taking off on a block**	
	Skipping			**Support on bar, with tight arms** Hold for 10 seconds	
	Squat position			Pull over and going back to pull up position for a second pull over	
	Hopping on right & left foot through hoops			Arched-stretched-hollow Holding each shape for 5 seconds	
	Jumping on and off a higher surface			3 Tap swings Feet on blocks	
	Bouncing in running position 4 times left - 4 times right			Beginning position of glide kip swing	
	Bouncing with arms up On a trampoline or airtrack			1 Glide Kip Swing	
	Handstand to back Block - Trampoline - 2 mats			Back hip circle 3 casts onto blocks followed by a back hip circle	
	Tucked jump to back Block - Trampoline - 2 mats			Arched-stretched-hollow With upper legs on a roll	

BEAM			FLOOR		
Low beam					
1	Ballet line		1	**Cartwheel** On a line	
2	Stretched jump		2	Backward roll to hands and knees	
3	Handstand to back onto mat		3	Forward roll with straight arms	
4	Squared handstand with feet on block		4	Handstand with belly to a mat or wall and falling to back	
5	Standing in passé position left & right Hold for 10 seconds		5	Round off to knees	
6	**Cartwheel with belly onto mat**		6	**Bridge and kicking over**	
	Squat position			**Cartwheel to belly**	
	Plank position			**Round off to feet, mat off**	
	Plank position, with belly button up			In "tic", with foot on higher surface	
	Handstand with feet against a wall			Handstand to bridge	
	Laser beam - Cartwheel to belly			Back walkover preps Beginning position above a block and finishing in a "tic"	
	Laser beam - "Tic" Hold for 10 seconds			Round off to back Hands in a trampoline	
	Laser beam - Handstand to back onto mat			Back handspring to belly Standing in a trampoline	
	Laser beam - Handstand with heels against wall or mat			Front walkover Hands in a trampoline	
	Laser beam - Cartwheel			Front hurdle and a cartwheel	
	Laser beam - Bridge Hold for 10 seconds			**Back walkover** Beginning position above a block	