

GR Intermediate Exit Skills By Event: All GRF1 + 2 Skills Plus the following:

Bars:

- Mastery of the following skills:
 - Glide Swing to chin up pull over
 - Cast to squat on jump to high bar
 - 3 Tap Swings ½ turn dismount
 - Shoot Through
 - Front Mill Circle
 - Front Hip Circle
 - Cast Back hip circle undershoot dismount.
 - High Bar Pull Over
- Decent/lightly assisted
 - Kip
 - Kip Cast

Vault

- Mastery of the following skills unassisted
 - FHS Vault with arm circle
 - Front tucks on to 8 inches from board

Floor

- Following skills unassisted
 - BHS
 - RO BHS
 - Straight Arm Back Extension Roll
 - FHS Step Out
 - Front handspring to Rebound
 - Chasse, Split Leaps
 - Full Turns
 - Aerial
- Working Knowledge/Lightly Assisted
 - Back Tucks on trampoline at least
 - FHS Step Out through to FHS
 - FHS Step Out through to RO BHS
 - Multiple Standing & RO BHS
 - Front Tuck

Beam

- Mastery of the following on the high beam unassisted
 - Step heel snap ½ Turns
 - Step kick Full Turn
 - Jump ½ Turns
 - Split Leaps
 - CW on high beam
 - CW to handstand ¼ turn dismount
 - Split Jump, Straight Jump
- Back-walkover at least on low beam
- Working BHS on beam

For the most part, each student needs to proficient in everything listed on each event. Some students may be ahead on one or more events & struggles with others. We will use our own discretion in the instances in moving students to the next level. Sabra Bozman is our Recreational Gymnastics Director. If you have any questions, she can be reached via email at Sabra@SummitSportsCenter.com