

CENTRAL BUCKS GYMNASTICS & DANCE

GYMSTARS LEVEL I ROUTINES

VAULT

Run, **hurdle**, punch springboard to **straight jump** onto 8" mat, stick landing
Lunge on mat, **handstand flatback**

BARS

Pullover

3 casts to **back hip circle**

Forward roll dismount

BEAM

Jump to front support and swing leg over to straddle sit, stand up on beam

Releve hold 2 seconds (arms in crown)

Arabesque hold 2 seconds (arms side middle)

Swing bad leg forward, kick good leg forward (arms side middle), lunge, **lever to beam**, lunge

Bring bad foot to **passe**, hold 2 seconds (hands on hips)

Bring feet together and **straight jump** (arms to ears and land arms down)

Lunge, **partial side handstand dismount**

FLOOR

Lunge, **partial handstand**, finish in lunge

Cartwheel, finish in lunge

Bring feet together, **backward roll**, land in squat and stand up

Candlestick, lay flat

Bridge hold 2 seconds, come down, stand up

Forward roll, stand up (arms by ears)

Passe, **lift to releve** (hands on hips)

Forward chasse (arms side middle or opposition)

Close feet together, **split jump**, finish