

JUNIOR FUNDAMENTALS

APPARATUS



BARS/POMMEL/P-BAR/RINGS

- Tuck Swings with regrips
- Forward roll over the bar
- Support holds
- Tuck throughs on Pommel
- Monkey across single rail
- Bear and Crab Walk on P-bars
- Tuck Hang
- Candle stick hold

BEAM

- Various walks on beam
 - Forward/Backward/Side/Passe/Ice Cream Scoops
- Landings off beam to motor bike
 - Straight Jump/ Tuck Jump/ Star Jump
- Assorted Gymnastics standing postures
- Various positions and movements down on beam
 - Crawling, Scale hold, Straddle hold, Front support, Tuck hold, L hold, Possum hang

FLOOR

- Forward roll
- Backward roll Assisted
- Handstand Development
- Cartwheel Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Gymnastics Static Postures & Positions

VAULT



- Running Development
- Hurdle Development
- Jumps and Landings
- Use of different vault equipment
 - Beat Board/ Mini Trampoline/ Crashmat/ Vaulting Table
- Plyometric Movements
- Gymnastics Static Postures

JUNIOR FUNDAMENTALS PREPARATION



STRENGTHENING/ BODY PREPARATION



- Chin Up Holds
- Tuck hang and tuck ups
- L hang
- Support holds
- Tuck sit, rock n roll, rock n roll to stand up
- Angry Cat/Happy Cat
- Front support/back support
- Dish/Arch Hold
- Straight shape
- Tuck, pike and wall handstand
- Correct take-off and landing technique
- Falls training

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Lunge
- Left Lunge
- Standing Straddle
- Star Jump
- Lazy Lizard (Stomach & Back)
- Lazy Cat (Shoulders)

ALTERNATIVE APPARATUS



- Rings
 - Swing/ Chin up/ Tuck Up/ Inverted Dish Hold
- Trapeze
 - Swing/ Dish and Arch Movements shaping
- Rope
 - Swing and release/ Bent arm holds
- Hand Eye Coordination
 - Various Hand apparatus within obstacles
- Gross Motor Skill Development

TRAMPOLINE



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Half and Full Turn, High Jumps, Long Jumps, Zig Zag, Combinations
- Body bounces:
 - Bottom, Angry Cat
- Backward Jumps into pit
- Mummy Drops into pit