

Skill list for boys rec beginner

Floor

- Forward roll
- Backward roll
- Donkey kick
- Tuck headstand
- Lever hold
- Jump full twist
- Lung to handstand
- Log roll
- Dive roll on to 8 incher
- Cartwheel step in

P-bars

- Straddle travel
- Support swings
- Tuck hold
- Straddle hold
- Assisted dips
- Support hold 10 or more sec

Rings

- Pull up
- Hanging tuck hold
- Basic swings
- Swing to inverted pike (unspotted)
- Skin the cat hang

H-bar

- Glide swing
- Chin-up tuck hold for 5 or more sec
- Support hold
- Cast
- Sole hang
- Leg lift

Trampoline

- Tuck jump
- Straddle jump
- Pike jump
- Seat drop
- Jump full turn
- Knee drop
- Doggy drop
- Front flip into foam pit