

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# AGE GROUP DEVELOPMENT and COMPETITION PROGRAM

for

## Men's Artistic Gymnastics

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## Acknowledgements

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The overall preparation, design, formatting and editing of this FIG AGE GROUP DEVELOPMENT AND COMPETITION PROGRAM book was done by:

**Hardy FINK**, Director of FIG Education & Academy Programs.

- Reviewed in October-November 2012 by Pedro ALMEIDA, Guy LAVOIE, Tim LEES, Rick McCHARLES, José SÚCART, Derick SCHOLTZ
- Reviewed and approved in November 2013 by the FIG MTC: Steve BUTCHER (*President*), Liping HUANG (*1<sup>st</sup> vice-president*), Hiroyuki TOMITA (*2<sup>nd</sup> vice-president*), Yoon Soo HAN, Julio MARCOS FELIPE, Holger ALBRECHT, Arturs MICKEVICS, Jani TANSKANEN (*athlete representative*)

The program consists of several parts:

### **A. A multi-level competition program with compulsory routines and optional rules.**

Principal Author: **Hardy FINK**  
Illustrations: Cynthia BONESKY

### **B. A multi-level physical and technical ability education and testing program.**

Principal Author: **Dieter HOFMANN and Hardy FINK**  
Illustrations: Dr. Rolf WÜNSCHE and Cynthia BONESKY  
Translation from German: Hans TEKLENBURG  
Hardy FINK

### **C. Skill Acquisition Profiles for each apparatus (from the FIG Academy Program).**

Developed in 1996 by Hardy FINK, formatted by Adrian STAN, reviewed and ratified by the FIG MTC in 1997 [Hardy FINK (*President*), Sawao KATO (*1<sup>st</sup> vice-president*), Julio MARCOS (*2<sup>nd</sup> vice-president*), Adrian STOICA, Istvan KARACSONY, LI Ning, George BECKSTEAD].

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# PHILOSOPHY and OVERVIEW

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## **FIG Age Group Program Overview & Philosophy**

The rapid increase in the difficulty content of gymnastics performances has been the result of ever increasing volume and intensity of training at ever younger ages. At the same time, coaches in leading countries have become more effective in the technical preparation of gymnasts which causes many less successful coaches and programs to try to copy by taking short-cuts towards difficulty.

This increase in training hours and decrease in training age of children for high intensity training has placed our sport under ever more scrutiny and criticism by the medical, educational and media professions who often use gymnastics as an example of abusive and excessive training practices.

It is important for all in the sport to assure that these negative impressions are proven wrong. Too often these impressions are right. The FIG is working vigorously in this regard with changes to rules that have negative consequences and with the education of coaches to improve their knowledge and their effectiveness without causing harm to the gymnasts under their care.

This FIG Age Group Development and Competition Program is an effort to provide “ready-to-use” physical preparation, technical preparation, and competition programs for countries with little experience with contemporary international gymnastics and for the many countries that do not have the resources to develop a program of their own.

- The focus is on the safe and perfect long term preparation and development of gymnasts towards high performance.
- This program provides information to assure gradual and safe progressions.
- This program provides programs that can be recommended for all coaches and all federations.

More detailed information on the theory, technique and methodology for the teaching of all elements presented in this document is available through the three-level FIG Academy Program.

### **Information about the Growing Child in Gymnastics**

This FIG Age Group Development and Competition Program is connected with the educational efforts of the FIG Academy Program. The FIG Academy Program has focused on the safe and healthy preparation and development of young gymnasts towards high performance excellence. The foundation for this focus comes from the Growth & Development document on the FIG Age Group Program Resource CD distributed by the FIG to all federations in 2001 and again in 2003. Some observations from this important document are presented here.

Paramount for a coach’s understanding is that the age period of 11-15 is a critical time for our gymnasts because it is a time when they are capable of learning complex aerial skills quickly but are simultaneously susceptible to debilitating acute, chronic and overuse physical injuries and to emotional and psychological damage.

- Gymnasts in that age period have open growth plates (cartilage instead of bone) at the end of every long bone in the body as well as wherever a tendon attaches to a bone. These growth plates are susceptible to injury from torsion and shear forces and excessive or repetitive compression forces.
  - Adequate recovery time must be provided
  - Numbers of high impact loadings must be reduced
  - Incomplete twists and saltos cannot be permitted
  - Soft landing surfaces should be used
- Gymnasts in that age period will undergo a period of rapid growth (peak-height velocity - PHV).
  - All parts of the body and body systems grow at different rates and this may lead to clumsiness and loss of some skills.
  - They will be less flexible as the bones grow and put the muscles and tendons under stretch.
- Gymnasts in that age period will undergo a period of rapid weight gain soon after PHV (peak-weight velocity – PWV).
  - They will gain weight faster than strength and thus will temporarily lose relative strength.
  - They should not be put on a restrictive diet; they must eat optimally for optimal and healthy growth.
- Gymnasts in that age period do not have mature anaerobic-lactic systems; yet the sport of gymnastics is predominantly anaerobic.
- Successful gymnasts are almost always late maturers.
  - Late maturation and smaller size at that age may lead to feelings of inferiority and low self-esteem.
  - Their growth plates are open and susceptible to injury longer.
  - Gymnasts in that age period should focus mostly on learning and less on competition. International competitions can be introduced but the focus must be important base elements perfectly performed and rules such as presented within this document should be used that modify the difficulty expectations.



FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# **OVERVIEW OF LONG TERM PERFORMANCE DEVELOPMENT OF GYMNASTS**

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## **Long Term Performance Development of Gymnasts**

For the preservation and a lasting acceptance of our sport, a systematic long term preparation of gymnasts is required, that takes into consideration the growth and maturational principles.

To deviate from such preparation system by striving for early specialisation or early high difficulty elements, does not serve the gymnasts and contributes to un-aesthetic performances, injury and a rejection of our sport by the public. Coaches who, for whatever reasons, practise such behaviour, can occasionally achieve good results but in the long run such an approach will not be successful and will lead to severe attrition.

During long term performance development, the load ability in general and the load ability of the support and motor system in particular, have a central position. During his previous and current activity as a coach, Dieter Hofmann has made positive experiences with a common point of view towards the systematic performance development of athletes with coaches, physicians, gymnasts and their caretakers.

This common effort should be concentrated on essential aspects:

- A systematic increase of the loads with the purpose to create a long term and lasting load ability of the support and motor system.
- A high development of the prerequisites (flexibility, power, basic structures) to limit the negative load effects of high repetitions of movement and faulty techniques (inefficient position of the joints);
- To promote and encourage the education of all-around gymnasts in order to guarantee the balance of the loads (dismount, support, hang);
- The systematic and gradual use of the "phase of favourable motor learning" in the long term performance development;
- To coordinate with the high responsibility of the personified chain: gymnast – trainer – physician – physiotherapist;
- To guarantee a safe and continuous proportionality of training, competitions and phases of compensation;
- Extensive use of methodical equipment (auxiliary equipment) in the training process and to pay high attention to this matter in the construction of training halls.

**«Training halls are education centres, not competition halls»**

This philosophy of gymnastics has once again touched out sport:

**«Gymnastics is complicated, not because it must be difficult, but because it has to be beautiful »**

The authors of this programme are confident that trainers and athletes will accept this assistance and will find a well-founded support in this document.

## Stages and essential characteristics of Long Term Performance Development (LTPD)

	Basic Training (BT)		Preparatory Training (PT)		Advanced Training (AT)		High Performance Training (HPT)
	girls age 6/7	boys age 8/9	boys age - 9/10 girls age - 8/9	age 14/15 age 12/13	boys age 15 girls age 13/14	age 17/18 age 15/16	boys age 18/19 → girls age 16/17→
Practice and learn to train	1. Train frequently 2. Create and learn prerequisites		<b>Training for education</b> 1. Create prerequisites 2. Learning 3. Competitions and controls in athletics and technique 4. Training within the competition program		1. Training for education / learning 2. Training for World Champ. program		1. Training for competitions 2. Training for further development
training unit	1-2 times / week	2-3 times / week	4-5 x 2.5 hrs / week	5-6 x 3 hrs / wk	6-7 x 3 hrs / wk	8x 3 hrs/wk	9 – 10 times / week
training quantity	1.5 hours each	2 hours each	approx. 14 hrs	approx. 18 hrs	approx. 21 hrs	approx. 24 hrs	approx. 27-30 hrs

### Basic methodology in LTPD

	Basic Training (BT)	Preparatory Training (PT)	Advanced Training (AT)	HPT
<b>Prerequisites</b>				
Flexibility	+++	+++	maintain	maintain
Power	++	++	+++	+++
Technique / basic structures	+++	+++	+++	+++...
<b>Learning</b>	motor technical prerequisites	+++	+++	+++
<b>Refining</b>	exact performance of movements	+++	+++	+++
<b>Exercise training / stabilisation</b>	+	++	+++	+++

## Specific training characteristics in the stages of the LTPD

BT Basic Training	PT Preparatory Training	AT Advanced Training	HPT High Performance Training
<p><b>1. stage</b> (age 7)</p> <ul style="list-style-type: none"> <li>talent for sport (suitability) – introduce training hours</li> <li>gain interest of healthy, intelligent and physically suitable children for frequent training.</li> <li>yearly selections!</li> </ul> <p><b>2. stage</b> (age 8-9 )</p> <p>More precise definition of goals</p> <ul style="list-style-type: none"> <li>willingness of parents to support.</li> <li>state of health / physique</li> <li>intellectual capacity</li> <li>personal motivation towards artistic gymnastics</li> <li>check to determine capacity to develop general prerequisites.</li> <li>motor ability</li> <li>speed / agility / reaction capacity</li> <li>flexibility, strength and power</li> <li>psychological -pedagogical aspects, such as courage, fear</li> <li>capacity for expression</li> </ul> <p><b>3. stage</b> (age 9, for selections also age 10)</p> <ul style="list-style-type: none"> <li>acquisition of general gymnastic prerequisites</li> <li>development of gymnastic-acrobatic prerequisites by using methodical equipment (auxiliary equipment)</li> <li>development of the first typical skills on competition apparatus.</li> </ul>	<p><b>1. stage</b></p> <ul style="list-style-type: none"> <li>further development of the general prerequisites.</li> <li>shaping of body control with general and specific means during the preferred learning phase (before puberty) taking the development and vulnerability of the support and motor system into account.</li> <li>achieve an overall basic repertoire of skills</li> <li>create the conditions to endure an all-round competition (compulsory + free exercise; 2x free exercise)</li> <li>development of physical fitness for intensive and effective daily training.</li> <li>preparation for competition requirements of the next higher class / stage.</li> </ul> <p><b>2. stage</b></p> <ul style="list-style-type: none"> <li>preservation of the load ability in the juvenile phase with versatile, general and basic gymnastic skills</li> <li>refining of the general and specific prerequisites such as power! → (favourable phase for the development of general and special power potentials → and flexibility, basic technical structures)</li> <li>use of individual conditions for the preparation of all elements of the compulsory and free exercises</li> <li>stabilisation of skills in competition routines</li> </ul>	<ul style="list-style-type: none"> <li>transfer of high level prerequisites to all elements of the gymnastic performance (difficulty, techniques, stability) for international competition</li> <li>high complexity of the all round skills</li> <li>...and development of performances for finals</li> <li>creation of prerequisites for the required increase of training the load (with a systematic increase of all load factors) for the demands of a W.Ch. or Olympic cycle</li> <li>adaptation to W. Ch. content and frequency and the specifics of competitions for men and women</li> </ul> <p><u>the goal is:</u> to prepare and guarantee a successful start for men and women.</p>	<p><u>the goal is:</u></p> <ul style="list-style-type: none"> <li>a successful participation and to secure of the goals for major international competitions O.G; W.Ch; continental championships and international tournaments</li> <li>this development is based on the basic prognoses for the W.Ch.performance (difficulty, technique, stability) and its continuous changing specification of the world level and actual application of the codes.</li> <li>high demand of complexity for: prerequisites (power, flexibility, technical base) higher technical level – best technical solutions, ,extreme performances, responsible high level of difficulty, effective use of bonuses, high level of stability / stand.</li> </ul> <p><b>TBS</b> = Technical Basic Structures  <b>TN</b> = Norm for Technique  <b>AN</b> = Norm for Athletics  <b>Pr</b> = Prerequisites</p>

## Summary of information about Long Term Performance Development

- The completion of the tasks in the individual stages and the mental and physical readiness are the criteria for a next higher level.
- The age-related tasks should be considered from the biological development and not from the chronological age.
- The goal of the **Basic Training** is to develop fundamental and sports-specific prerequisites; especially movement regulating and neuromuscular prerequisites.
- The goal of **Preparatory Training** is to increase the level of the general and specific prerequisites (coordination, technique, speed, flexibility, power, etc.) and the increase in load ability.
- The goal of the **Advanced Training** is to develop a systematic transfer from the age group training to the high performance training. It is about securing the connection with the international level through a systematic increase of the specific training demands.
- **Preparatory Training** basically differs from **High Performance Training**
  - It has a specific character. The performance prerequisites for the further sports development are being developed and the prerequisites for the further increase of the training demands and load ability are created.
- The goal of Long Term Performance Planning is
  - to create prerequisites (flexibility, power, basic technical structures), that are necessary for a stable and continuous increase of the specific performance

**It is not the competition goals, but rather the educational goals for technical and physical abilities that are in the highest priority.**



FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



Fondée en 1881

**PHYSICAL AND TECHNICAL ABILITY  
TESTING PROGRAM  
for  
Men's Artistic Gymnastics**

*Prepared by Dieter Hofmann and Hardy Fink  
Illustrations by Dr. Rolf Wünsche and Cynthia Bonesky*

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# Physical Ability

Name: .....

## Test Results

City: .....

Date: ..... Bd.: ..... Club: .....

### Flexibility

	Exercise	Achieved	Points
1	Fwd splits		
2	Side splits		
3	Leg lift fwd		
4	Leg lift swd		
5	Bridge		
6	Trunk bend		
7	Trunk bend sit		
8	Shoulder		
<b>Total Flexibility</b>			

<b>Total Flexibility</b>	
<b>Total Strength</b>	
<b>Total</b>	
<b>Rank</b>	

### Strength

	Exercise	Achieved	Points
1	Long jump		
2	Rope climb		
3	Sprint		
4	Circles		
5	Ring hdst		
6	Leg lifts		
7	V-sit		
8	Planche		
9	Press hdst		
10	Ring pull up		
11	Hdst press		
12	Up/back uprise		
13	Iso rings		
<b>Total Strength</b>			

Signature: .....

# Physical Ability Testing Program (men)

## Flexibility

### 1. Forward-backward splits

2 Mats 6 cm for square hips, Mats/Blocks to 14 cm

1 point	2	3	4	5	6	7	8	9	10
+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm



Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final position without hand support must be held 2 sec. The measurements are in centimeters.
- The result is the average of the left and right leg. Slight hip turn is acceptable for men.

### 2. Side splits

Mats/Blocks to 12 cm

1 point	2	3	4	5	6	7	8	9	10
+ 15 cm	+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm



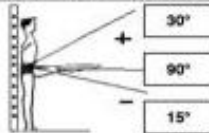
Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final position without hand support must be held 2 sec. The measurements are in centimeters.
- The result is the average of the left and right leg. Legs should be in a straight line.

### 3. Leg raise forward – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



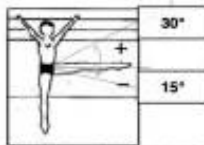
Testing Protocol:

- Stand with straight back and leg against a wall or wallbar or beam, etc.
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds.
- The result is the average of the left and right leg.

### 4. Leg raise sideways – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



Testing Protocol:

- The gymnast hangs from a wallbar with the body kept vertical
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds.
- The result is the average of the left and right leg.

### 5. Bridge

1 point	2	3	4	5	6	7	8	9	10
poor			satisfactory			good			perfect



Testing Protocol:

- **Quality evaluation** – straight arms, straight legs, flexibility in shoulder rather than lumbar spine. Must hold for 5 seconds. The score is reduced for: bent arms, bent legs, legs apart, deep lumbar flexibility, head up, bent shoulder angle.

### 6. Trunk bend forwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
0 cm	- 2 cm	- 3 cm	- 4 cm	- 5 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm



Testing Protocol:

- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight.
- Result is the distance from the top of the bench to the top of the staff.
- The measurements are in centimeters. Must hold for 2 seconds.

### 7. Trunk bend forwards in straddle sit

2 benches, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 8 cm	+ 6 cm	+ 4 cm	+ 2 cm	0	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm



Testing Protocol:

- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight. The trunk-arm line must be straight (no shoulder angle).
- Benches are set at 90° angle to each other. Gymnast sits as in diagram.
- The measurements are in centimeters and are made from the breastbone (sternum) to the floor. The height of the bench is subtracted. Example: with a 30cm bench and a measurement of 24cm; the performance score is (24-30) -6cm = 8 points

### 8. Arm-trunk angle backwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 23 cm	+ 21 cm	+ 19 cm	+ 17 cm	+ 15 cm	+ 13 cm	+ 11 cm	+ 9 cm	+ 7 cm	+ 5 cm



Testing Protocol:

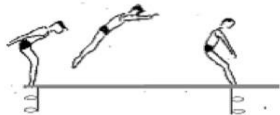
- The gymnast sits on a bench as illustrated
- Staff is held firmly in overgrip; shoulder width plus one-hand width apart
- The final position must be held 5 sec.
- The distance from the top of the bench to the armpit is measured in centimeters

## Strength, power & endurance

### 1. Standing long jump

Tape measure

1 point	2	3	4	5	6	7	8	9	10
Reach Height	RH +5 cm	RH +10 cm	RH +15 cm	RH +20 cm	RH +25 cm	RH + 30 cm	RH + 35 cm	RH + 40 cm	RH + 45 cm



Testing Protocol:

- Measure the standing reach height (RH) of the gymnast with arms and hands fully extended overhead. This can be best measured with the gymnast lying on the floor (ankles flexed) and measure from heel to finger tips.
- Measure the length of the jump to the body part nearest to the take-off line (including fall or step backward).

### 2. Rope climb

Rope with a 1-metre mark and 5-metre mark, stop-watch

1 point	2	3	4	5	6	7	8	9	10
	22 sec	20 sec	18 sec	16 sec	14 sec	12 sec	10 sec	8 sec	6 sec

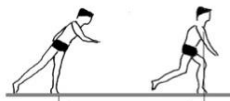


Testing Protocol:

- For 1 point, climb from stand, with hands at head height. Can use feet. Climb to touch the 5-metre mark.
- For 2 points or higher, the gymnast sits in straddle position on a mat and with hands at the 1-metre mark.
- The climb is performed with feet in straddle L-position throughout. The gymnast climbs as fast as possible to touch the 5-metre mark with one hand. If the feet lower more than 30 degrees below horizontal, the climb does not count.
- The time from the moment the gymnast begins until the touch of the 5-metre mark is measured.

### 3. Sprint 20 metres

1 P.	2	3	4	5	6	7	8	9	10
4.3 sec	4.2 sec	4.1 sec	4.0 sec	3.9 sec	3.8 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec
4.0 sec	3.9 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec	3.3 sec	3.2 sec	3.1 sec	3.0 sec



Testing Protocol:

- 20-metre sprint, the measurement is made in seconds. Ideally two timers are used and averaged.
- 1st line is for gymnasts up to age 13 years
- 2nd line is for gymnasts aged 14 to 17 years

### 4. Double leg circles

Mushroom, floor level horse without pommels

1 point	2	3	4	5	6	7	8	9	10
n = 5	10	20	30	n = 5	10	15	20	25	30



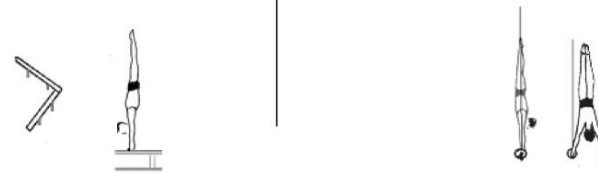
Testing Protocol:

- Number of circles are counted. Execution must have minimum quality value of 3.0 to count. As soon as a circle is performed below quality value 3.0, the counting is stopped and that last circle is not counted.

### 5. Handstand on Rings

Two parallel bars at 90° or angled bars 90°, rings, stop watch

1 point	2	3	4	5	6	7	8	9	10
5 sec	10 sec	20 sec	30 sec	5 sec	10 sec	15 sec	20 sec	25 sec'	30 sec

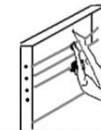


Testing Protocol:

- For scores from 1 point to 4 points, floor or low level bars are used placed at a 90° angle to each other.
- For scores 5-points and higher, rings are used. The rings must be held parallel.
- In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower.

### 6. Hanging leg lifts

1 point	2	3	4	5	6	7	8	9	10
n = 5x	6x	7x	8x	9x	10x	11x	12x	13x	14x



Testing Protocol:

- Hang on wall bar and begin in L-hang position (legs horizontal)
- Lift with straight legs and toes to touch the bar and lower back to L-hang position
- The number of repetitions is measured – no time limit
- In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower.

### 7. V-sit or Manna on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	10 sec	1x 2 sec	2x 2 sec	3x 2 sec	4x 2 sec	5x 2 sec



Testing Protocol:

- For the V-sit the gymnast must lift his legs to a minimum vertical position
- For the Manna, the gymnast can lift quickly or swing to the position. A perfect position for the Manna is with legs horizontal, but for this test, the back at minimum horizontal is sufficient.
- In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower.

### 8. Support lever (planche) on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	4 sec	6 sec	8 sec	2 sec	4 sec	6 sec



Testing Protocol:

- For each of the planche positions, the back must be perfectly horizontal and the arms straight.
- In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower.

### 9. Press to handstand on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
Swiss press = 1 pt each			Viennese press = 2 pts each			Press bent arms = 3 pts each		Planche press = 5 pts each	
<b>Testing Protocol:</b> <ul style="list-style-type: none"> <li>The goal is for the gymnast to do a sequence of press handstands to maximize his score. For example 10 Swiss handstands = 10 points; 2 planche press = 10 points; 1 planche press and 5 Swiss handstands = 10 points.</li> <li>Each L-sit and each handstand must be held for 2 seconds.</li> <li>In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower.</li> </ul>									



### 10. Pull to support (Muscle-up) on Rings and press handstand

1 point	2	3	4	5	6	7	8	9	10
1x	3x	5x	1x	3x	5x	1x +1x Hdst A	2x +2x Hdst A	1x +1x Hdst B	2x +2x Hdst B
<b>Testing Protocol:</b> <ul style="list-style-type: none"> <li>1-3 points: Stationary uprise – parallel bars</li> <li>4-6 - points: Muscle-up to L-sit (2 sec) on rings</li> <li>7-10 points: Muscle-up through momentary but perfect L-sit position and press to handstand. For example: 7-points is for 1 muscle-up and A-part press to handstand; 8 points is for 2 muscle-ups and 2 A-part press to handstands; 9 and 10 points are for muscle ups and B-part press to handstands.</li> <li>Each handstand must be held for a minimum of 2 seconds.</li> <li>In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower.</li> </ul>									




### 11. Dips and Handstand push-ups on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
5x	10x	15x	20x	1x	2x	3x	4x	5x	6x
<b>Testing Protocol:</b> <ul style="list-style-type: none"> <li>For dips and for handstand push-ups, the coach puts his closed fist on the bar below the gymnast's shoulder. Each dip and handstand push-up must lower sufficiently to touch the hand. The body stays straight.</li> <li>In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower.</li> </ul>									

## 12. Subidas à frente e atrás (Paralelas)

1 P.	2	3	4	5	6	7	8	9	10
1x	2x	3x	4x	5x	6x	2x	1x	2x	3x
									
<p><b>Comentários:</b>                      5-6: devem ser efetuadas com balanço para pino                      7: subida atrás para 30º                      8-10: subida atrás para pino</p>									

## 13. Força Estática (Argolas)

1 P.	2	3	4	5	6	7	8	9	10
3sec	6sec	9sec	12sec	15sec	3sec	6sec	8sec	Marcar	2sec
									
<p><b>Comentários:</b>                      Mínimo 3 valores na qualidade para contar.                      1-5 Prancha dorsal                      6-8 Prancha facial                      9-10 Cristo</p>									

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# **TECHNICAL ABILITY DEVELOPMENT AND TESTING PROGRAM**

**for**

## **Men's Artistic Gymnastics**

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### **Purpose of the Technical Ability Development and Testing Program (TAT) – (*Technical Ability Testing*)**

- The education lines / education structures shown in the TAT and the visible systematic increase of the level of difficulty, should contribute to help gymnasts systematically build up technical performance prerequisites in order to successfully master exercises with a higher difficulty in more advanced learning ages.
- It is a program that creates technical prerequisites and should be a control instrument at the same time.
- The sequence of education / structures illustrates a road from «simple» to «difficult» and is essentially «open-ended».
- A gymnast should advance to the next element only if the preceding Difficulty Level has been learned with a minimum Quality Value of 3.0.
- The information below is a result of many years of experience in educating top-level gymnasts, but also gymnasts from nations with little experience at the time, and it should serve as a guideline.
- Regarding vault: the authors are of the opinion that the variations of Kasamatsu/Tsukahara vaults should not be recognised as basic structures. The basis for this vault group is the handspring forward and salto forward stretched. A high level of control of this forward oriented structure has an exceptional positive effect on the learning of future vault structures.

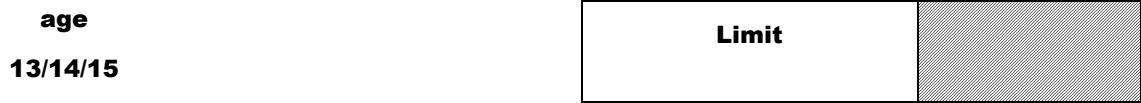
### **Evaluation and Control System for Technical Ability Testing (TAT)**

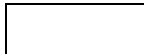
- At **TAT** control competitions or testing sessions, the gymnast has the possibility to choose a value or Difficulty Level from the listed skill sequences based on his existing performance level.
- For lower ages, this element may be executed two times, the best attempt is counted. For higher level gymnasts, the execution should be limited to one attempt.
- The result is calculated by selecting the Value Level of the skill sequence (for example: Difficulty Level = DL 5) and this is multiplied with the Quality Value given by the coach or judge or evaluator (for example: Quality Value = QV 3). **EXAMPLE: DL=5 x QV=3 = 15 Points**

Information for the Selection of Difficulty Levels (DL)

Difficulty Level

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



 = **Limit**

 = **Possibility for attempting a higher Difficulty Level.**

*(When all preceding elements have been accomplished with a minimum Quality Value of 3.0)*

## Assessment of the Quality Value (QV)

The evaluation of the technical performance quality = Quality Value is given in increments from 0 – 4 points. For a finer discrimination of quality with this evaluation system, half-point increments can be given (for example 1.5; 2.5; etc.)

- 0** = Not accomplished. Intended element not recognisable.
- 1** = Intended element barely recognisable. Bad technical performance, incorrect body position (posture) or fall.
- 2** = The essential technical characteristics have been accomplished. Poor technique and execution, step or hop.
- 3** = The element is shown with good technique and execution; it is controlled. It could be integrated in a competition exercise.
- 4** = The element is shown with very good technique and execution. No landing errors.

- Elements of Quality Value = 3 can be included in domestic competitions and demonstrate that the gymnast is ready to compete with the compulsory or optional exercises that contain that element.
- Only elements of Quality Value = 4 should be included in international competitions.
- This philosophy and concept applies also to elements not in the Technical Testing Charts – for example all elements in the Skill Acquisition Profile Charts presented at the end of this book and any elements not within the scope of this book.

## Requirements for Methodical Apparatus (Auxiliary Equipment)

- For a successful execution of the education programs, a high degree of discipline, cleanliness and safety in the training halls is necessary.
- The availability of quality equipment, mats, landing pits etc. have a high influence on a goal orientated and systematic education.
- The availability of methodical equipment is of significant importance.
- The requirements for methodical apparatus (auxiliary equipment) are listed and detailed with the test exercises.
- They promote a goal-oriented methodical progress of training and are partially also measuring instruments.
- Most apparatus manufacturers offer such equipment.
- In some cases, such apparatus can be or will have to be the produced by the coach.
- The practical use of such methodical pedagogical equipment is clearly and extensively shown in a FIG distributed DVD by Dieter Hofmann.

# Technical Test Results - Men

Date: .....

Name: .....

Birthdate: .....

Club: .....









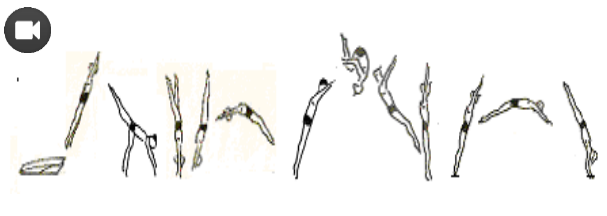
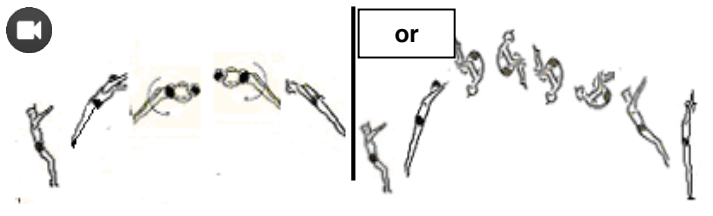
Age: .....

Apparatus	Declared Difficulty Value (DL)	Quality Value (QV)	Result	Total
<b>Floor</b>	1 - 10	1 - 5	DL x QV	
1. Acrobatics forwards				
2. Acrobatics backwards				
3. Take-offs backward				
4. Rolls and circles				
<b>Pommel Horse</b>			$\Sigma$ FX:	
1. Straddle swings				
2. Travels in cross support				
3. Circles/turns 1 pommel				
4. Spindles				
<b>Rings</b>			$\Sigma$ PH:	
1. Forward swings				
2. Backward swings				
3. Kips and Felges				
4. Dismounts				
<b>Vault</b>			$\Sigma$ R:	
1. Handspring forward				
2. Round off entry				
<b>Parallel Bars</b>			$\Sigma$ V:	
1. Support swings				
2. Long hang swings				
3. Felges				
4. Dismounts				
<b>Horizontal Bar</b>			$\Sigma$ PB:	
1. Long hang swings				
2. In-bar elements				
3. Dismounts				
<b>Trampoline</b>			$\Sigma$ HB:	
1.				
2.				
			$\Sigma$ Tr:	











<b>Total Technical</b>	
Rank Technical	
<b>Total Physical</b>	
Rank Physical	
<b>TOTAL SCORE</b>	
<b>FINAL RANK</b>	

Signature: .....

FLOOR EXERCISE – Structure 1: Acrobatics forward

1	<p>From board:  <a href="#">hurdle step – handspring fwd</a></p>		6	<p>3 steps  <a href="#">Handspring fwd – salto fwd straight</a></p>	
2	<p>From board:  <a href="#">hurdle step – handspring fwd – piked dive roll</a></p>		7	<p>3 steps  <a href="#">handspring fwd – salto str – salto str</a></p>	
3	<p>From board:  <a href="#">hurdle step – handspring fwd – flyspring fwd – piked dive roll</a></p>		8	<p>3 steps  <a href="#">Handspring fwd – salto str – salto str 1/1turn</a></p>	
4	<p>From stand:  <a href="#">Handspring fwd – 2X flyspring – piked dive roll</a></p>		9	<p>Run and:  <a href="#">salto straight 1/1 turn – salto str – salto str 1/1turn</a></p>	
5	<p>From board:  <a href="#">hurdle step – handspring fwd – salto fwd tucked – piked dive roll</a></p>		10	<p>Run and:  <a href="#">salto straight 2/1 – or double salto forward</a></p>	

FLOOR EXERCISE – Structure 2 - Acrobatics backward


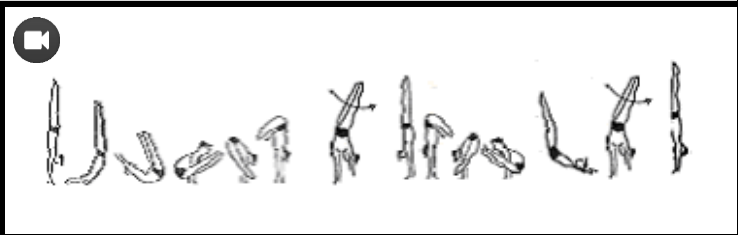



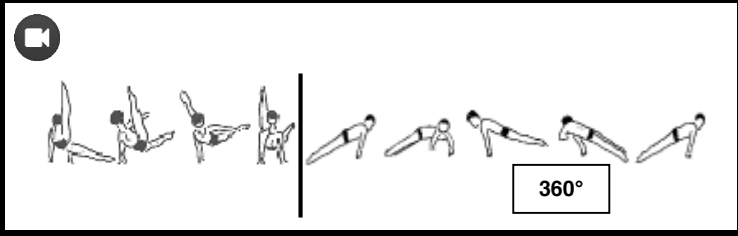


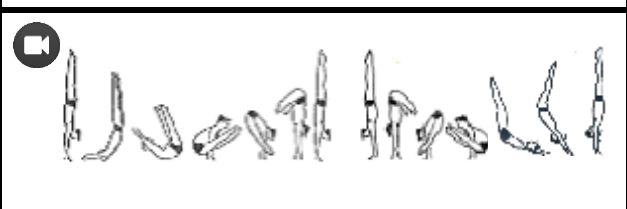
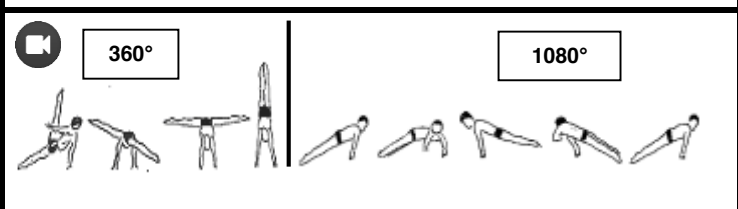
1	<p><a href="#">From board: take off – round off – vertical jump and roll bwd</a></p>		6	<p><a href="#">From stand: Round off – 2x back handspring – salto str</a></p>	
2	<p><a href="#">From board: take off – round off – back handspring – vertical jump and roll bwd</a></p>		7	<p><a href="#">From stand: round off – flick flack – tempo salto – back handspring – salto str</a></p>	
3	<p><a href="#">From board: take off – round off – 2x back handspring – vertical jump and roll bwd</a></p>		8	<p><a href="#">From stand: round off – 2x tempo salto – back handspring – salto str</a></p>	
4	<p><a href="#">From board: take off – round off – back handspring – tempo salto</a></p>		9	<p><a href="#">From stand: round off – 2x tempo salto – salto str</a></p>	
5	<p><a href="#">From board: take off – round off – back handspring – tempo salto – flick flack</a></p>		10	<p><a href="#">Run: 3 steps round off – back handspring – double salto backward tucked</a></p>	

## FLOOR EXERCISE –Structure 3: Take-offs backwards for twisting (Mini-tramp )

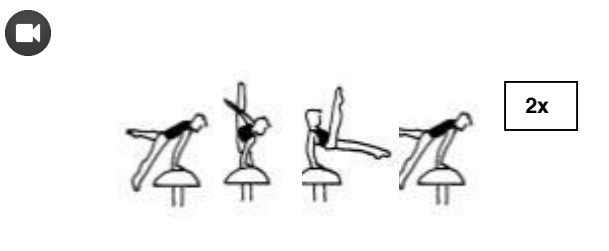
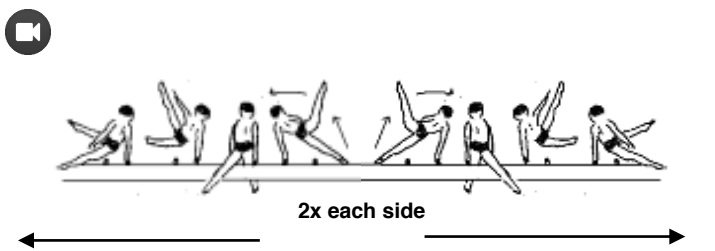

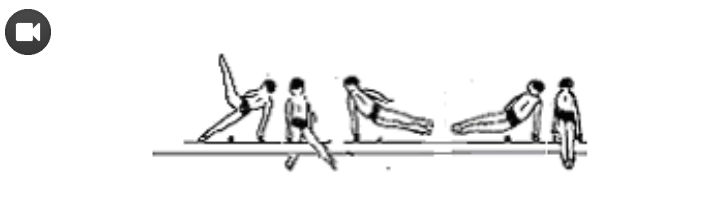
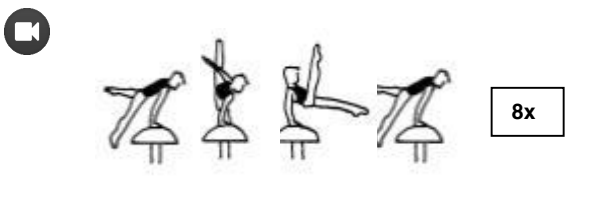
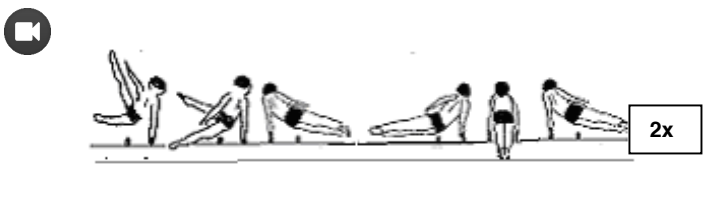
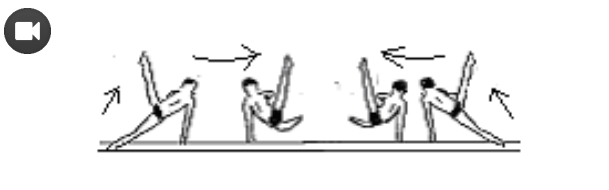
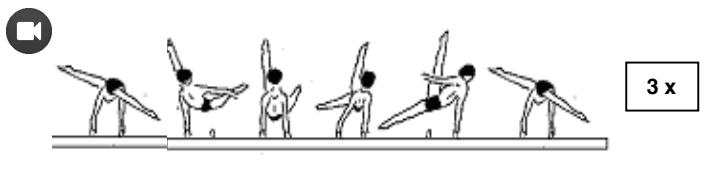
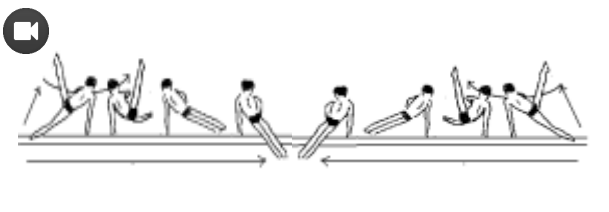
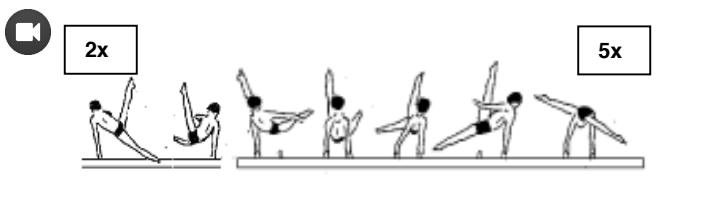
(All onto 40cm mat) (These tests can also be performed on a Trampoline)

1	Not required		6	<a href="#">Snap down (Korbut) onto mini-tramp and ½ turn to salto fwd straight</a>	
2	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward tucked</a>		7	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward straight with 1/1 turn</a>	
3	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward straight</a>		8	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward straight with 1 ½ turn</a>	
4	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward straight with ½ turn</a>		9	<a href="#">Snap down (Korbut) onto mini-tramp and salto backward straight with 2/1 turn</a>	
5	<a href="#">Snap down (Korbut) onto mini-tramp and ½ turn to salto fwd piked</a>		10	<a href="#">Snap down (Korbut) onto mini-tramp and salto bwd with 2 ½ turn</a>	


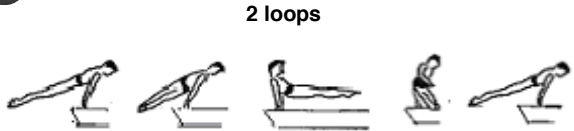
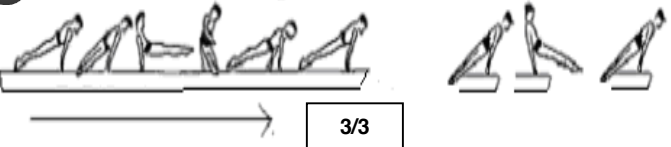
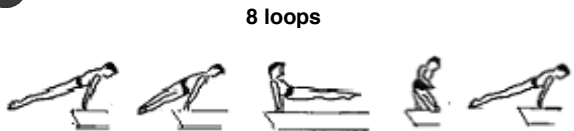
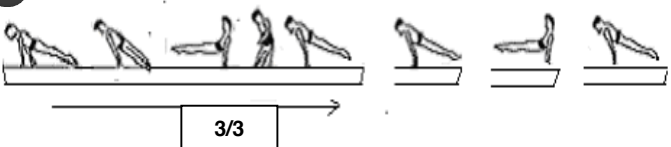




FLOOR EXERCISE – Structure 4 - Rolls and circles

1	<p><a href="#">1x roll bwd to handstand (Strueli) with straight arms</a></p>		6	<p><a href="#">Endo roll 1/2 turn into handstand 1/2 turn lower into straddled L-sit and roll backward to handstand with 1/2 turn</a></p>	
2	<p><a href="#">2x roll bwd to handstand with straight arms</a></p>		7	<p><a href="#">From handstand Endo roll to handstand – 1/2 turn and roll backward to handstand with 1/1 turn</a></p>	
3	<p><a href="#">Straddle roll fwd (Endo) to handstand</a></p>		8	<p><a href="#">3x flair in side support or Russian 360°</a></p>	
4	<p><a href="#">Straddle roll fwd (Endo) to handstand. 1/2 turn</a></p>		9	<p><a href="#">Flair to handstand. or Russian 720°</a></p>	
5	<p><a href="#">From handstand. Endo roll to handstand. 1/2 turn and lower through straddled L-sit to roll backward to hdst.</a></p>		10	<p><a href="#">Flair with counter turn 360° (spindle) into handstand or Russian 1080°</a></p>	


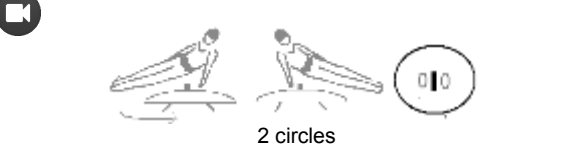
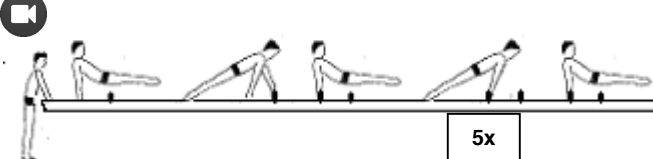
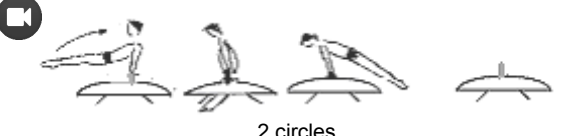


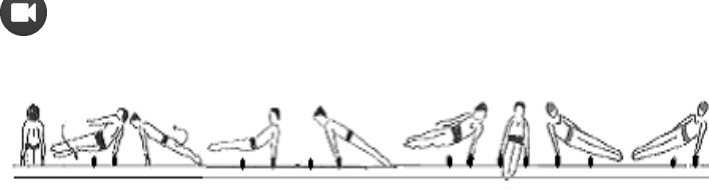

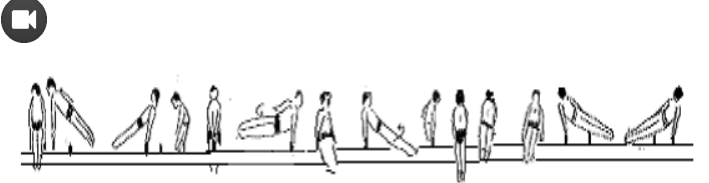
Pommel Horse – Structure 1 – Straddle swings, scissors, and straddle circles (flairs)

1	<p><a href="#">2x straddled circles on mushroom (Flairs)</a></p> <p>(Always count Flairs from front support to front support)</p>		6	<p><a href="#">2 scissors forward left and right</a></p>	
2	<p><a href="#">4x Flairs on mushroom</a></p>		7	<p><a href="#">Leg cut forward and single leg to circle</a></p>	
3	<p><a href="#">8x Flairs on mushroom</a></p>		8	<p><a href="#">2 scissors forward into circle</a>  <b>OR</b>  <a href="#">Leg cut backward into circle</a></p>	
4	<p><a href="#">Front support, 3 leg cuts in and out</a></p>		9	<p><a href="#">3x straddled circles (Flairs)</a></p>	
5	<p><a href="#">Single leg circle to the left - and to the right</a></p>		10	<p><a href="#">2 scissors forward followed by 5x Flairs</a></p>	

POMMEL HORSE – Structure 2 – Travels in cross support




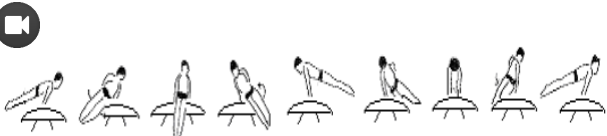



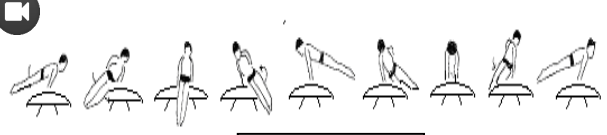

1	Not required		6	<p><a href="#">4 cross support circle in the centre - on low horse, no pommels</a></p>	<p>4 centre loops</p> 
2	<p><a href="#">2 cross support circles (loops) – on low horse, no pommels</a></p>	<p>2 loops</p> 	7	<p><a href="#">Cross support travel fwd 3/3 – 2 loops facing outward - on low horse, no pommels</a></p>	
3	<p><a href="#">8 cross support circles (loops) – on low horse, no pommels</a></p>	<p>8 loops</p> 	8	<p><a href="#">Cross support travel bwd 3/3 – 2 loops facing outward - on low horse, no pommels</a></p>	
4	<p><a href="#">2 cross support circles facing outward (loops) – on low horse, no pommels</a></p>	<p>2 outward loops</p> 	9	<p><a href="#">Cross support travel fwd 3/3</a>  <b>OR</b>  <a href="#">Cross support travel bwd. (on competition horse with pommels)</a></p>	
5	<p><a href="#">8 cross support circles facing outward (loops) – on low horse, no pommels</a></p>	<p>8 outward loops</p> 	10	<p><a href="#">Cross support travel fwd 3/3</a>  <b>AND</b>  <a href="#">Cross support travel bwd. (on competition horse with pommels)</a></p>	

**POMMEL HORSE – Structure 3 – Circles and turns on 1 pommel**

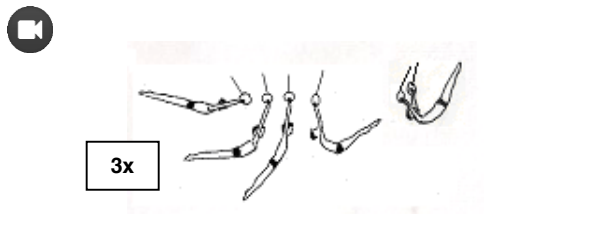

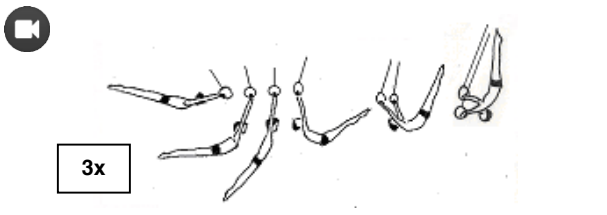




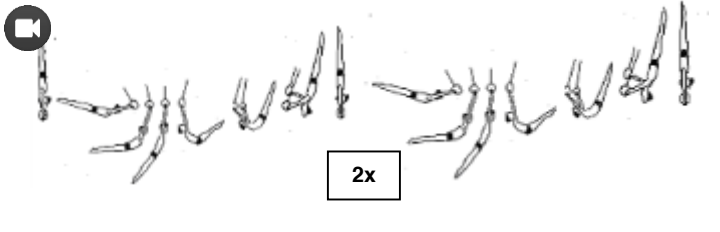

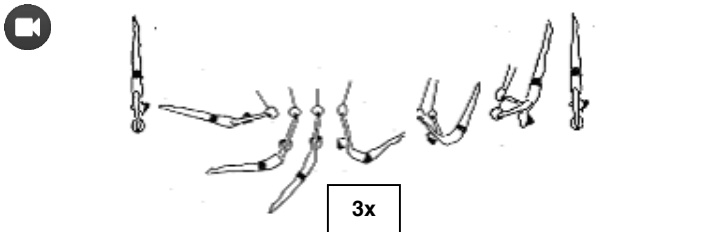
1	Not required		6	<a href="#">5 circles (loops) on one pommel – pommel horse</a>	 <p align="center">5x</p>
2	<a href="#">2 circles with hands beside the pommel – mushroom</a>	 <p align="center">2 circles</p>	7	<a href="#">Cross support travel 1/3 to 5 circles on 1 pommel</a>	 <p align="center">5x</p>
3	<a href="#">2 circles on 1 pommel – mushroom</a>	 <p align="center">2 circles</p>	8	<a href="#">Cross support travel 1/3 to Stöckli B to 2 circles on both pommels</a>	
4	<a href="#">2 circles with hands beside the pommel – Kehr fwd 90° to the pommel, 2 circles on the pommel (mushroom)</a>	 <p align="center">2 circles</p>	9	<a href="#">2 circles, Czech to 2 circles on 1 pommel, kehr to 2 circles on both pommels</a>	
5	<a href="#">2 circles with hands beside the pommel – Kehr fwd 90° to the pommel, 2 circles on the pommel – stockli fwd 90° – 2 circles with hands beside the pommel (mushroom)</a>		10	<a href="#">2 circles, 2 x Stockli B, 2 circles</a>	

### POMMEL HORSE – Structure 4 – Spindles (counter turns)

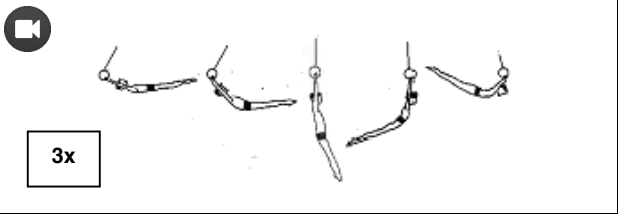
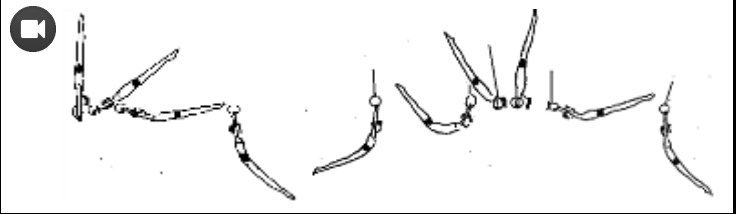

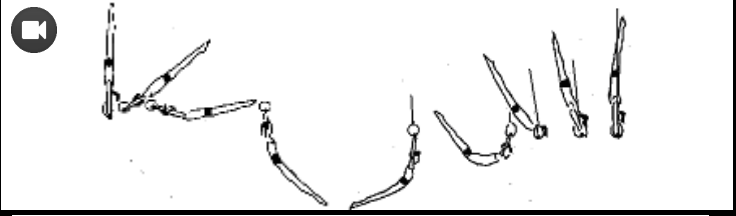




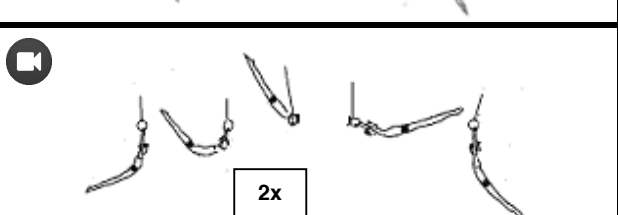
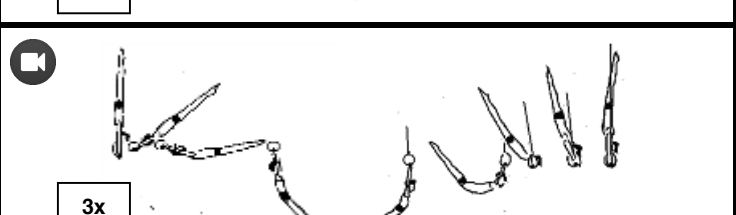
(Apparatus: mushroom with and without 1 pommel; low horse, pommel horse)

1	Not required		6	<p><a href="#">2 circles – spindle 360° in 2 circles – 2 circles – mushroom</a></p>	 <p style="text-align: center;">360°</p>
2	<p><a href="#">2 circles - spindle 180° in 2 circles – 2 circles – mushroom (each spindle is 90°)</a></p>	 <p style="text-align: center;">180°</p>	7	<p><a href="#">2 circles – spindle 540° in 3 circles – 2 circles – floor level mushroom</a></p>	 <p style="text-align: center;">540°</p>
3	<p><a href="#">2 circles - spindle 360° in 4 circles - 2 circles mushroom (each spindle is 90°)</a></p>	 <p style="text-align: center;">360°</p>	8	<p><a href="#">2 circles facing outward. – spindle 180° in one circle – 2 loops – floor level horse</a></p>	 <p style="text-align: center;">180°</p>
4	<p><a href="#">2 circles - spindle 180° in one circle – 2 circles – mushroom</a></p>	 <p style="text-align: center;">180°</p>	9	<p><a href="#">2 loops. – spindle 180° in one circle – 2 loops facing outward on pommel horse</a></p>	 <p style="text-align: center;">180°</p>
5	<p><a href="#">2 circles - spindle 180° – 2 circles - spindle 180° – 2 circles – mushroom (each spindle in 1 circle)</a></p>	 <p style="text-align: center;">180° + 180°</p>	10	<p><a href="#">2 loops. – spindle 360° – 2 loops – pommel horse</a></p>	 <p style="text-align: center;">360°</p>

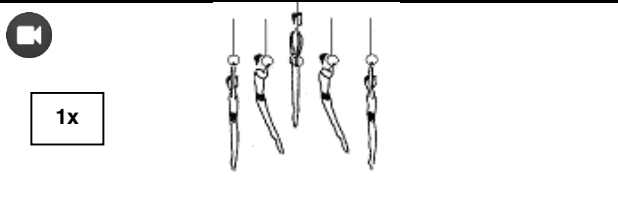
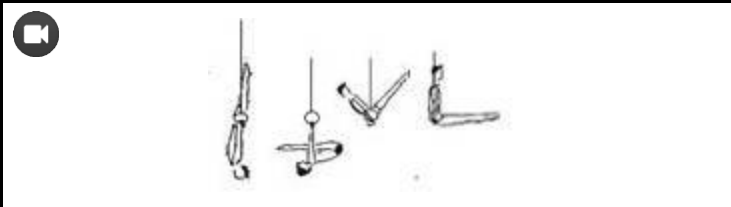

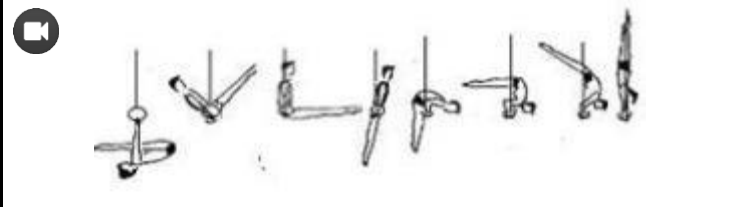
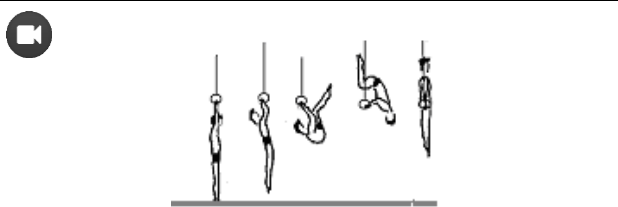

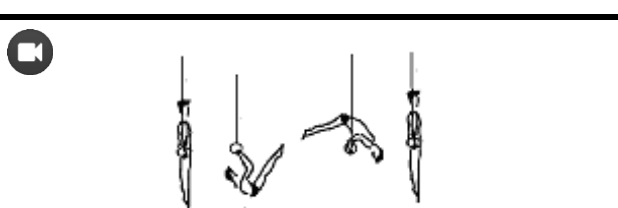
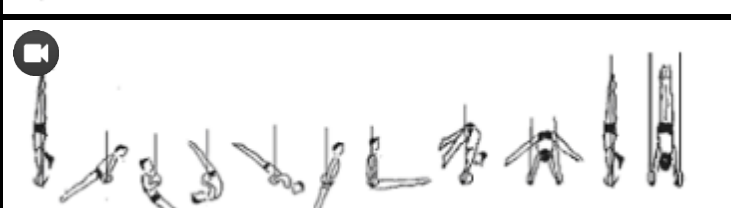

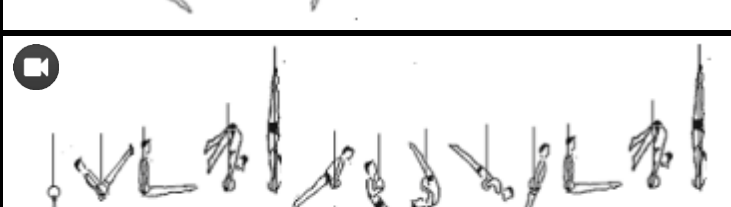
**RINGS - Structure 1 - Forward swings**

1	<p><a href="#">3x forward swing (end position: feet near cable. (hands in undergrip))</a></p>		6	<p><a href="#">Handstand – swing into hang – dislocate to stand – shoulders higher than the top of the rings</a></p>	
2	<p><a href="#">3x forward swing as in Value Level 1 (shoulders: level with rings)</a></p>		7	<p><a href="#">Handstand – giant through handstand</a></p>	
3	<p><a href="#">3x forward swing as in Value Level 2 (shoulders: level with top of the rings)</a></p>		8	<p><a href="#">Handstand – swing down – dislocate through – handstand – giant to handstand - 2sec</a></p>	
4	<p><a href="#">Inverted hang – backward swing – forward swing and dislocate to hang</a></p>		9	<p><a href="#">Handstand – 2x giant into handstand – 2 sec</a></p>	
5	<p><a href="#">Backward swing – forward swing and 1x dislocate to hang and dislocate to stand</a></p>		10	<p><a href="#">Handstand – 3x giant into handstand (each handstand 2 seconds)</a></p>	



## RINGS– Structure 2 - Backward swings

1	<p><a href="#">3x backward swing</a> (end position: feet near cables, hands in el grip)</p>		6	<p><a href="#">Handstand – swing fwd into hang – inlocate(shoulders above ring height)</a></p>	
2	<p><a href="#">3x backward swing as in Value Level 1</a> (shoulders at ring level)</p>		7	<p><a href="#">Handstand – giant forward through handstand</a></p>	
3	<p><a href="#">3x backward swing as in Value Level 2</a> (shoulders: level with top of the rings)</p>		8	<p><a href="#">Handstand – inlocate and uprise bwd to handstand (2 sec)</a></p>	
4	<p><a href="#">Inverted hang – backward swing and inlocate into hang</a></p>		9	<p><a href="#">Handstand – 2x giant fwd to handstand(2 sec)</a></p>	
5	<p><a href="#">Backward swing – 2x inlocate (shoulders at ring height)</a></p>		10	<p><a href="#">Handstand – 3x giant fwd to handstand (2 sec)</a></p>	


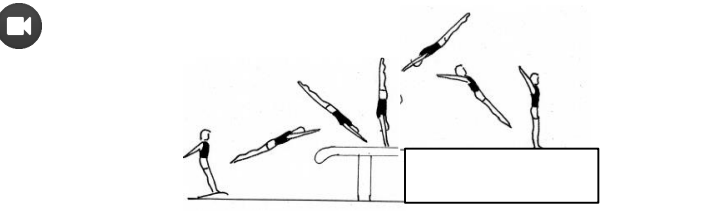
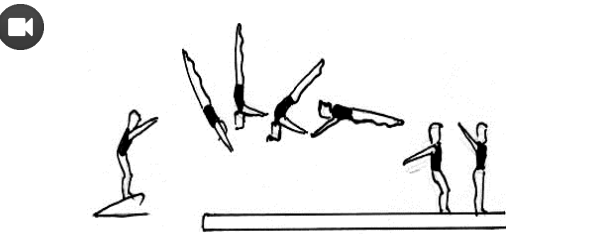
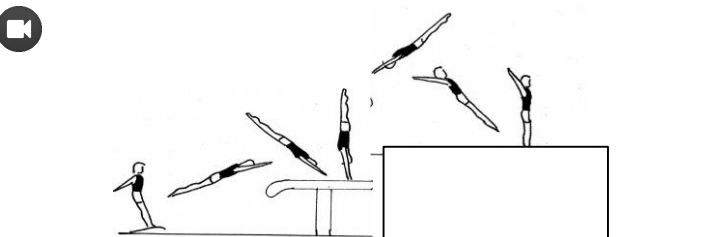
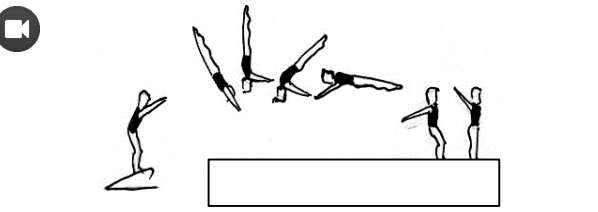
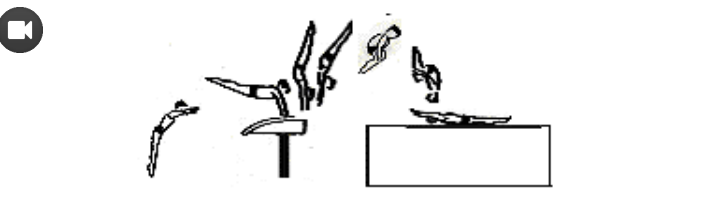
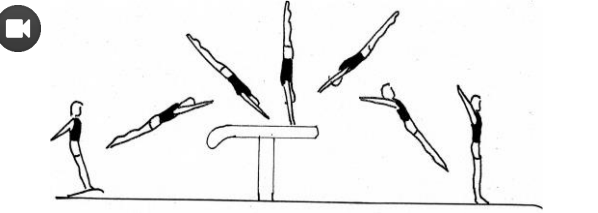

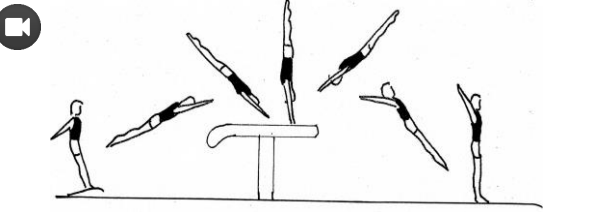
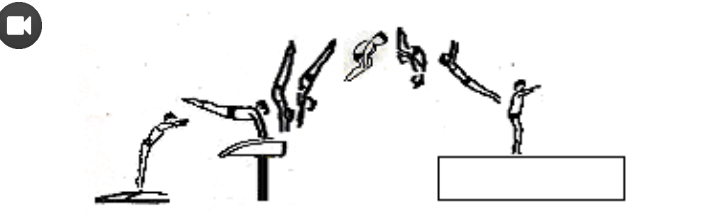
## RINGS - Structure 3 – Kips and Felges

1	<p><a href="#">Hang 1x pull to support</a></p> <p style="text-align: center;">1x</p> 	6	<p><a href="#">Inverted hang and kip to L-sit (2 sec)</a></p> 
2	<p><a href="#">Hang and 3x pull to support</a></p> <p style="text-align: center;">3x</p> 	7	<p><a href="#">Inverted hang and kip to L-sit (2 sec) – press handstand (bent arms / hips) (2 sec)</a></p> 
3	<p><a href="#">Stand – felge bwd to support</a></p> 	8	<p><a href="#">Kip to L-sit (2 sec) – press handstand with straight arms and straddled legs (2 sec)</a></p> 
4	<p><a href="#">Support – felge bwd piked into support</a></p> 	9	<p><a href="#">Handstand – lower – felge bwd 30° to L-sit (2 sec) – press handstand with straight arms and straddled legs (2 sec)</a></p> 
5	<p><a href="#">Hang – pull to L-sit – felge fwd piked to support - press to handstand (bent arms / hips) – 2 sec.</a></p> 	10	<p><a href="#">Kip to L-sit (2 sec) Swiss handstand (2 sec) – felge bwd to L-sit (2 sec) – Swiss handstand (2 sec)</a></p> 

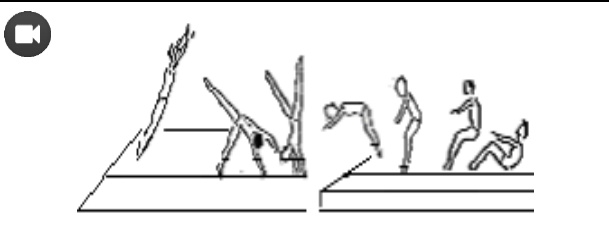
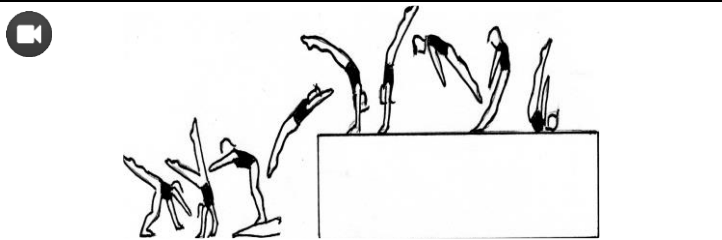

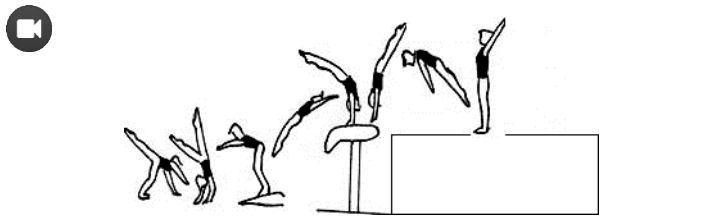
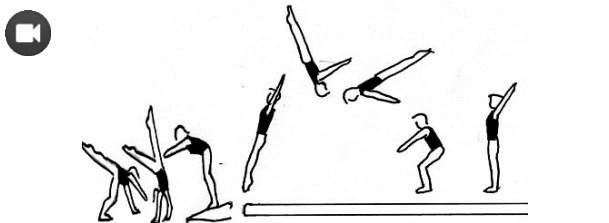
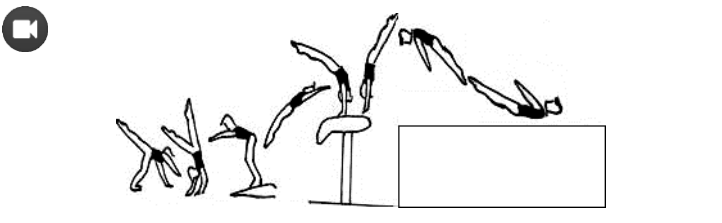
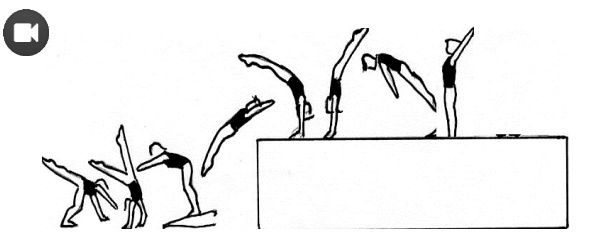

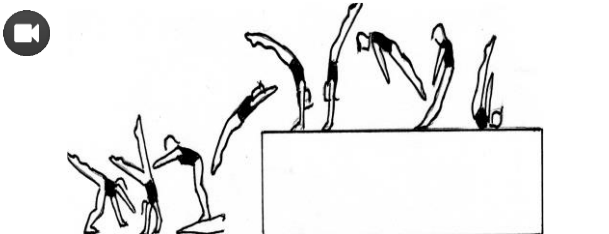
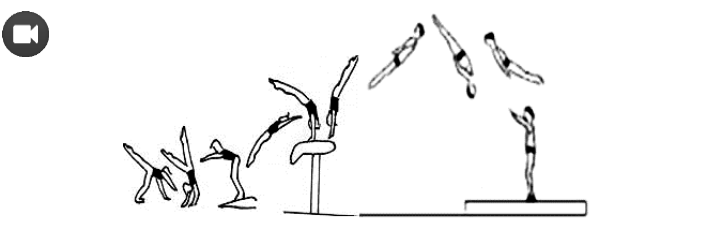
RINGS - Structure 4 - Dismounts

1	Not required		6	<a href="#">Felge through support position and salto bwd tucked</a>	
2	Not required		7	<a href="#">Felge through support position and salto bwd stretched</a>	
2	Not required		8	<a href="#">Dislocate and double salto bwd tucked</a>	
4	<a href="#">Backward swing – forward swing – dislocate stretched and salto bwd stretched to stand</a>		9	Not required	
5	<a href="#">Forward swing – backward swing – inlocate stretched and salto fwd stretched to stand</a>	 <p style="text-align: center;"><a href="#">Salto fwd. stretched</a></p>	10	<a href="#">Handstand – dislocate and double salto bwd stretched</a> <b>or</b> <a href="#">Handstand – inlocate and double salto fwd tucked</a>	

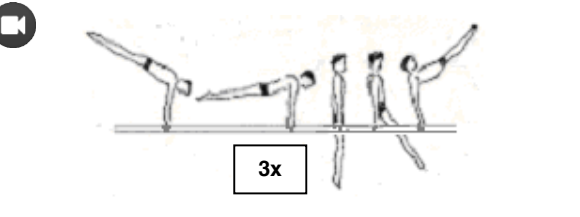
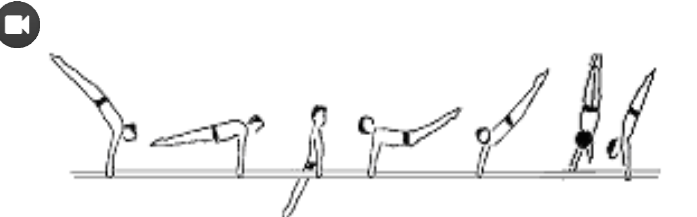
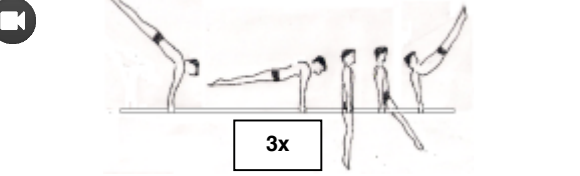

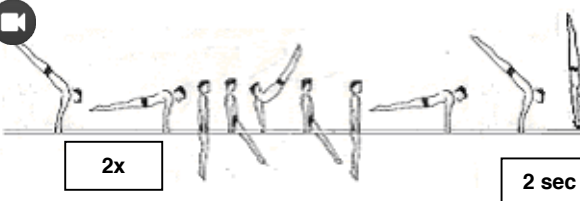
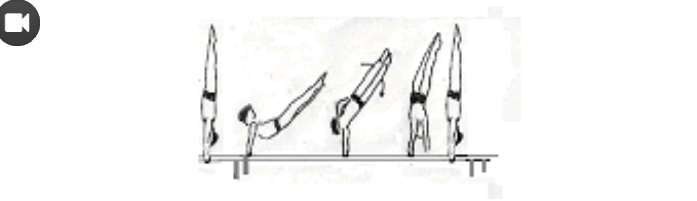
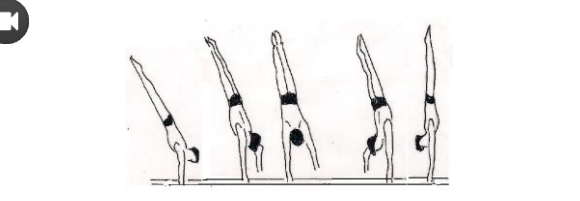
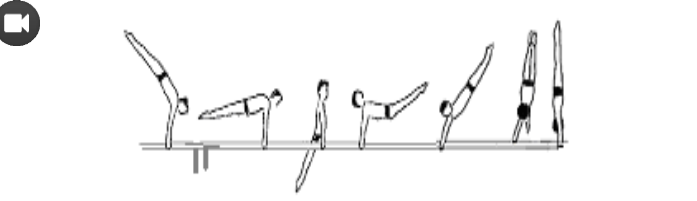
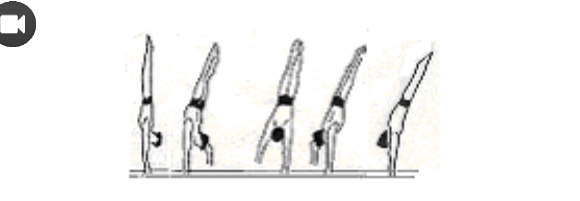
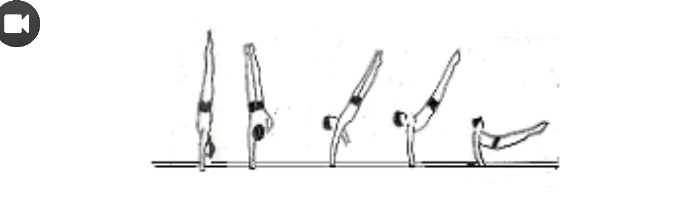
VAULT – Structure 1 – Handspring forward

1	<p><a href="#">Short run and salto fwd tucked from board</a></p>		6	<p><a href="#">Handspring onto mats at table height (135cm)</a></p>	
2	<p><a href="#">Short run and salto fwd straight</a></p>		7	<p><a href="#">Handspring onto mats 60cm above table height (195 cm)</a></p>	
3	<p><a href="#">Short run and salto fwd straight (onto 60cm mat)</a></p>		8	<p><a href="#">Handspring and salto fwd to land on back – mats at table height (135cm)</a></p>	
4	<p><a href="#">Handspring over table (100-110cm) – normal mats</a></p>		9	<p><a href="#">Handspring and salto fwd to land on normal mats</a></p>	
5	<p><a href="#">Handspring over table (125cm) – normal mats</a></p>		10	<p><a href="#">Handspring and salto fwd to land on mats 80cm</a></p>	

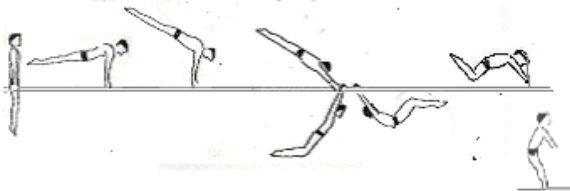
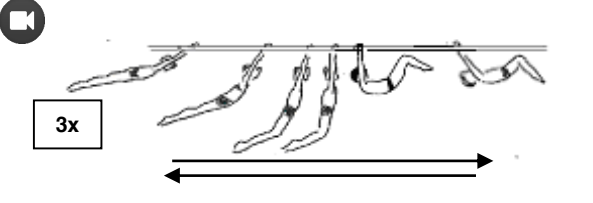
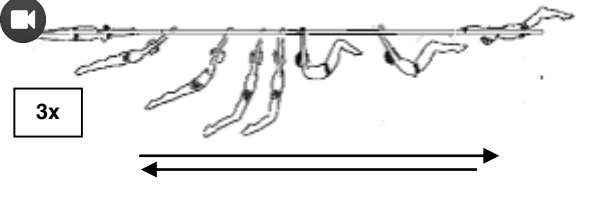



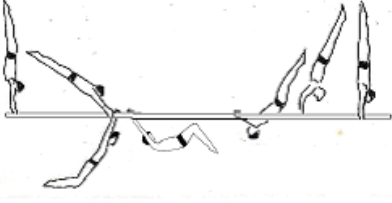
**VAULT – Structure 2 – Round off entry (Yurchenko)**  
(Yurchenko safety mat required)

1	<p><a href="#">From stand, hurdle and round off onto 20cm mat – no deviation from centre line</a></p>		6	<p><a href="#">Round off back handspring over rotate onto back with feet just touching (Mats 120 cm)</a></p>	
2	<p><a href="#">Round off to board and jump backward to land on back (Mats 100 cm)</a></p>		7	<p><a href="#">Round off handspring backward over horse to land on high mats (Mats at table height = 125-135cm)</a></p>	
3	<p><a href="#">Round off to board and salto backward straight</a></p>		8	<p><a href="#">Round off handspring backward over horse to land on back (Mats at table height = 125-135cm)</a></p>	
4	<p><a href="#">Round off to board and handspring backward onto high mat (Mats 80 cm)</a></p>		9	<p><a href="#">Yurchenko tucked</a></p>	
5	<p><a href="#">Round off back handspring over rotate onto back with feet just touching (Mats 80 cm)</a></p>		10	<p><a href="#">Yurchenko straight</a></p>	


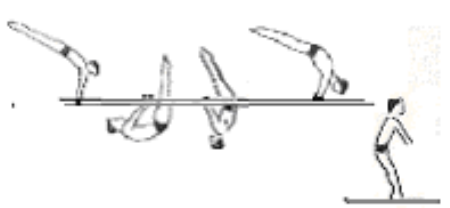
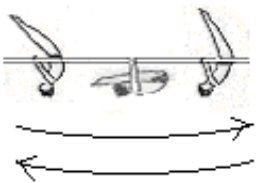


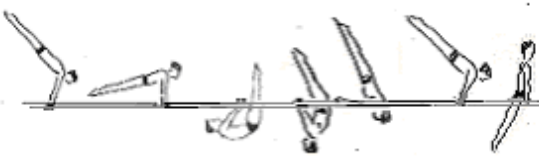
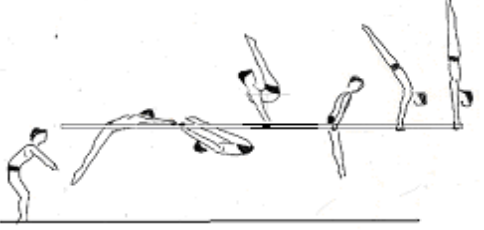
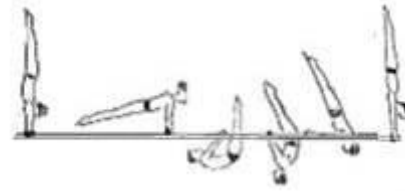
PARALLEL BARS – Structure 1 – Swing through support

1	<p><a href="#">3x swings forward and backward - 30°</a></p>		6	<p><a href="#">Swing forward and backward - on forward swing Stützkehre 60°</a></p>	
2	<p><a href="#">3x swings forward and backward - 45°</a></p>		7	<p><a href="#">3/4 Diamidov to 1 bar</a></p>	
3	<p><a href="#">2x swings forward and backward to handstand (2 sec)</a></p>		8	<p><a href="#">From handstand, Diamidov</a></p>	
4	<p><a href="#">Swing to handstand and 1/2 turn forward to handstand</a></p>		9	<p><a href="#">From handstand, Stützkehre to handstand</a></p>	
5	<p><a href="#">Swing to handstand and 1/2 turn backward to handstand</a></p>		10	<p><a href="#">Swing through handstand and Healy to support</a></p>	

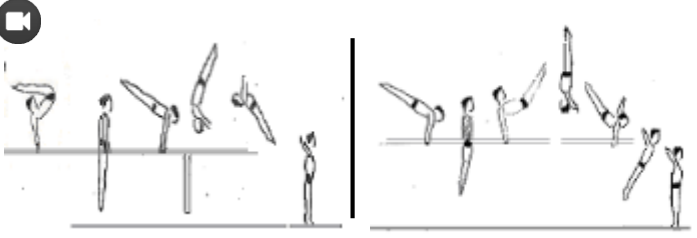
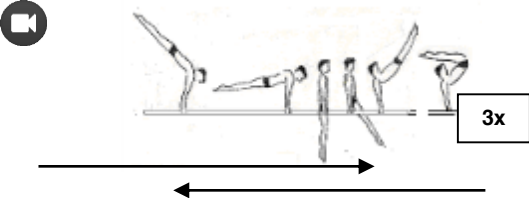
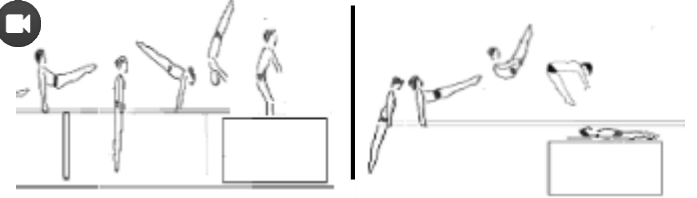
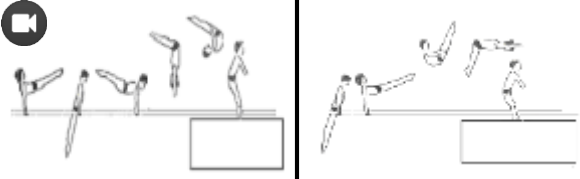
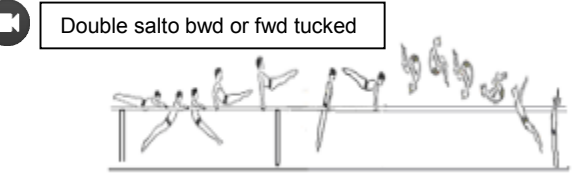
PARALLEL BARS – Structure 2 – Long hang swing

1	Not required		6	<p><a href="#">Backswing to 45°</a>  <a href="#">- Layaway to giant swing tucked 45° to stand</a>          (spotted by coach)</p>	
2	<p><a href="#">3x swing forward and backward in hang</a></p>		7	Not required	
3	<p><a href="#">3x swing forward and backward in hang (body at bar height)</a></p>		8	<p><a href="#">Backswing near handstand</a>  <a href="#">- Layaway to giant swing tucked to stand</a>          (el-grip; spotted by coach)</p>	
4	<p><a href="#">3x swing forward and backward in hang (third back swing above bars)</a></p>		9	<p><a href="#">Backswing near handstand</a>  <a href="#">- Layaway to giant swing to handstand in elgrip – jump down to stand</a>          (spotted by coach)</p>	
5	Not required		10	<p><a href="#">From handstand, giant swing to handstand (Kenmotsu)</a></p>	


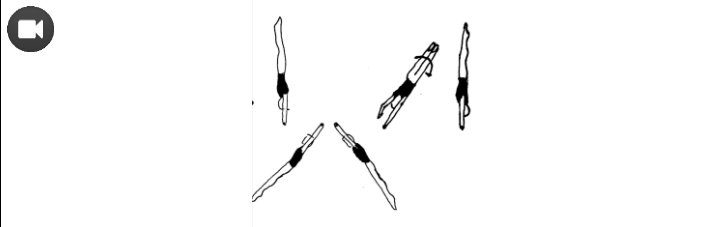
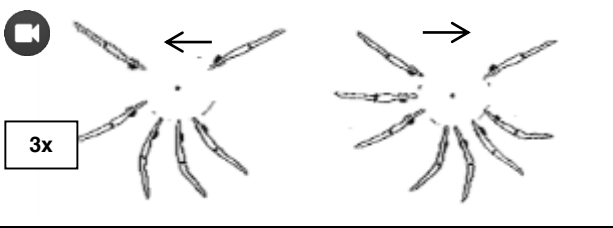
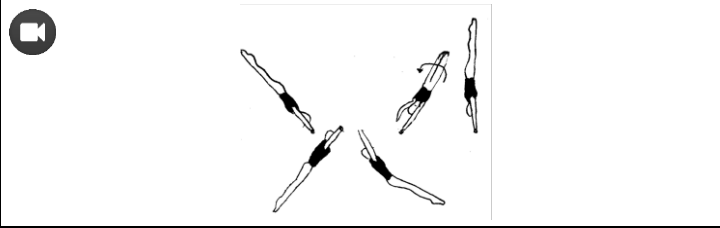
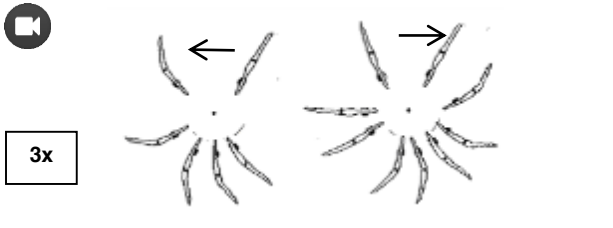

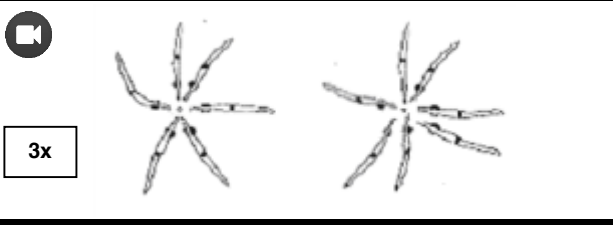
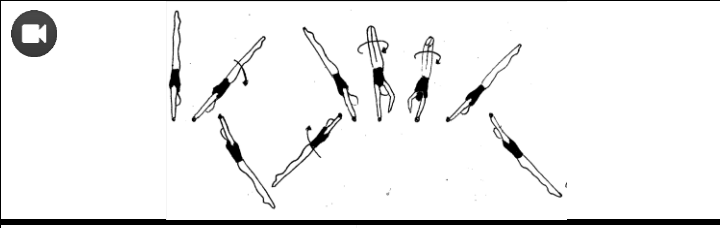
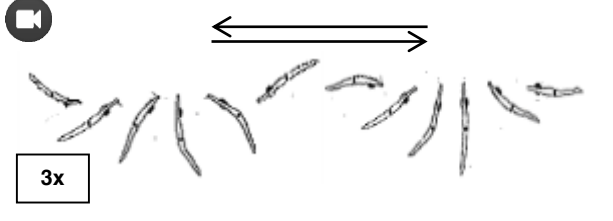
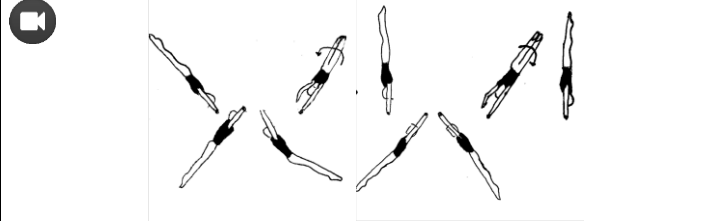
PARALLEL BARS – Structure 3 – Felges

1	Not required		6	<p><a href="#">Stand – jump to Felge backwards to el-grip support, jump down</a></p>	
2	Not required		7	<p><a href="#">From back swing 30°, Felge backwards to el-grip support 30°, jump down</a></p>	
3	<p><a href="#">3x swing in piked inverted hang</a></p>		8	<p><a href="#">From back swing 45°, Felge backwards to el-grip support 45°, jump down</a></p>	
4	<p><a href="#">Stand – jump to 3x swing in piked inverted hang</a></p>		9	<p><a href="#">From back swing, Felge backwards to support 60°</a></p>	
5	<p><a href="#">Stand – jump to glide kip to near handstand</a></p>		10	<p><a href="#">From handstand, Felge backwards to handstand</a></p>	



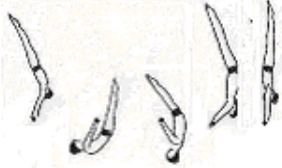
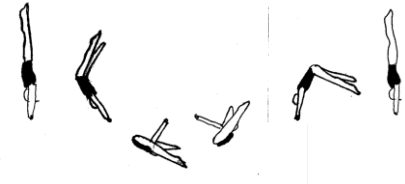

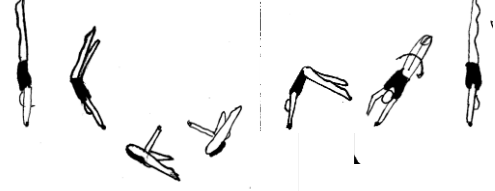

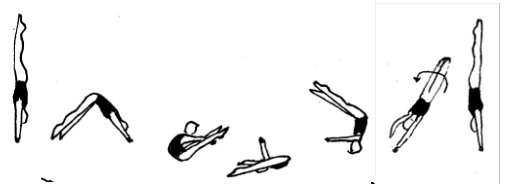


PARALLEL BARS – Structure 4 - Dismounts

1	Not required		6	<p><a href="#">Salto forward stretched to stand</a>  <b>OR</b>  <a href="#">Salto backward stretched</a></p>	
2	Not required		7	Not required	
3	<p><a href="#">3x forward and backward swing through high V-sit (Manna)</a></p>		8	<p><a href="#">Salto forward stretched</a>  <b>OR</b>  <a href="#">Salto backward piked to land on the back (mat at bar height)</a></p>	
4	Not required		9	Not required	
5	<p><a href="#">Salto forward piked</a>  <b>OR</b>  <a href="#">Salto backward piked to stand on mats at bar height (low bars)</a></p>		10	<p><a href="#">Double salto forward tucked</a>  <b>OR</b>  <a href="#">From handstand, double salto backward tucked</a></p>	<p>Double salto bwd or fwd tucked</p> 


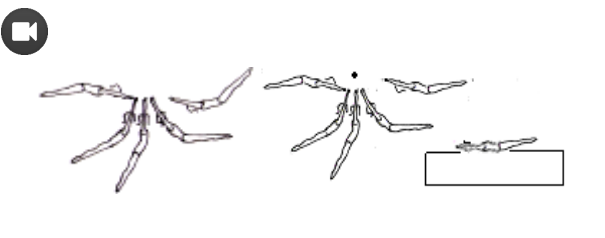
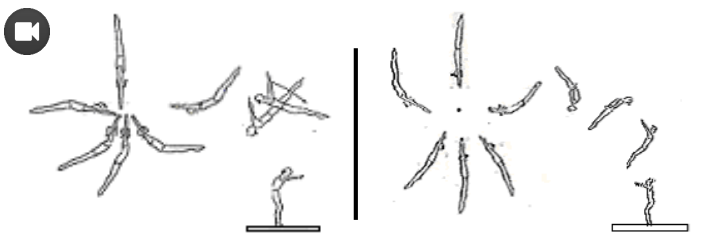

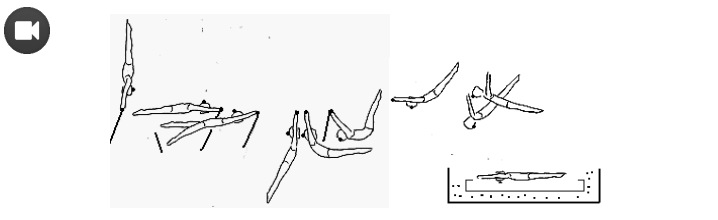
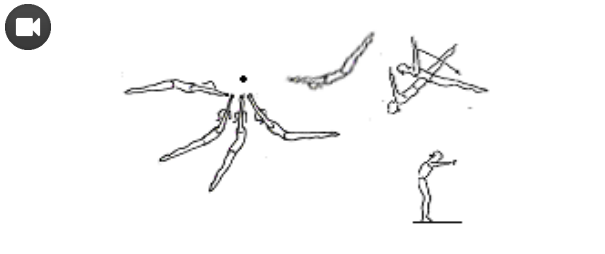
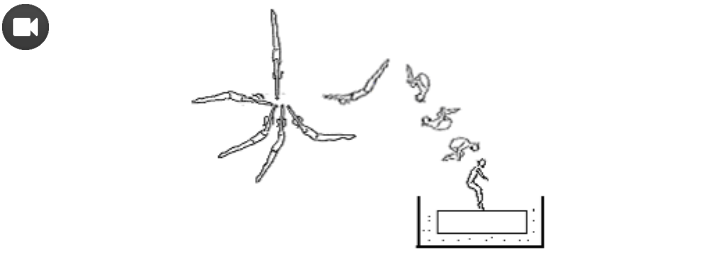
## HORIZONTAL BAR – Structure 1 – Long hang swings

1	<p><a href="#">3x forward and backward swings (body horizontal) (straps)</a></p>		6	<p><a href="#">Under grip giant swing with 1/2 turn to overgrip</a></p>	
2	<p><a href="#">3x forward and backward swings (body height 30°) (straps)</a></p>		7	<p><a href="#">Overgrip giant swing with 1/2 turn to undergrip</a></p>	
3	<p><a href="#">3x forward and backward swings (body height 60°) (straps)</a></p>		8	<p><a href="#">2x accelerator giants backward (straps)</a></p>	
4	<p><a href="#">3x giant swings forward and backward (straps)</a></p>		9	<p><a href="#">Under grip giant swing with 1/1 turn to mixed grip (under grip and el-grip)</a></p>	
5	<p><a href="#">3x forward and backward swings with pronounced wave movements through the bottom vertical (straps)</a></p>		10	<p><a href="#">Overgrip giant swing with 1/2 turn to undergrip and Under grip giant swing with 1/2 turn to overgrip</a></p>	

**HORIZONTAL BAR – Structure 2 – In-bar elements (elements near the bar)**

1	<p><a href="#">1x free hip circle 60° (straps)</a></p>		6	<p><a href="#">From giant swing. Stalder to handstand</a></p>	
2	<p><a href="#">1x free hip circle to handstand (straps)</a></p>	<p>1x</p> 	7	<p><a href="#">From giant swing. Endo to handstand</a></p>	
3	<p><a href="#">From handstand 3x free hip circle to handstand (straps)</a></p>	<p>3x</p> 	8	<p><a href="#">Endo with 1/2 turn to handstand</a></p>	
4	<p><a href="#">3x straddled circle 45° (Stalder) (straps)</a></p>		9	<p><a href="#">Stalder with 1/2 turn to handstand</a></p>	
5	<p><a href="#">3x straddled circle (Endo circle) (straps) 45°</a></p>		10	<p><a href="#">Endo 1/1 turn to mixed grip (undergrip and el-grip)</a></p>	

**HORIZONTAL BAR – Structure 3 - Dismounts**

1	Not required		6	<p><a href="#">From handstand and salto forward tucked</a></p>	
2	<p><a href="#">2X forward and backward swing – on 2<sup>nd</sup> forward swing land on back on 40cm mat</a> (Recommended to use a wedge mat or a sloped mat)</p>		7	<p><a href="#">Giant swing bwd and salto bwd straight</a> <b>OR</b> <a href="#">Giant swing fwd and salto fwd stretched</a></p>	
3	<p><a href="#">2X forward and backward swing – on 2<sup>nd</sup> forward swing salto backward tucked</a></p>		8	<p><a href="#">Giant swing bwd and 1 ½ salto bwd straight to land on back on mat in pit</a></p>	
4	<p><a href="#">2X forward and backward swing – on 2<sup>nd</sup> forward swing salto backward stretched</a></p>		9	<p><a href="#">Giant swing backward and double salto backward tucked into foam pit (no mat)</a></p>	
5	Not required		10	<p><a href="#">Giant swing bwd and double salto bwd straight onto mat in pit</a> <b>OR</b> <a href="#">Giant swing fwd and double salto fwd tucked onto mat in pit</a></p>	