

Patti's All-American

★ Star Achievement Program ★

ADVANCED BEGINNER

BARS

Inverted Hangs (straight, tuck, pike, straddle)
Tuck Shoot/Straddle Shoot
Hop Catch and Swing
Underswing onto Trap Piece
Cast/Belly Button Push-Ups
Forward Roll Dismount
Front Support Mount
Front & Rear Support
Hangs: Long & Tuck
Grips: over/under/mixed
Safety Roll
SLP=Safe Landing Position

BEAM

V-Sit
Front/Knee Scale
Arabesque
Lunge Position
3/4 Handstand (L.Beam)
Tuck Jump (1/2 Turn) DM
Knee Scale Dismount
Straddle Jump DM
Straight Jump (1/2 Turn) DM
Straddle Mount
Front Support Mount
Walks: F/B/S, step stag, plie, releve, developpe, chasse and L-Kicks

TUMBLING

Elevated Feet Bridge
Round-Off
Handstand
Cartwheel
Backward Roll
Free Roll
V-Sit Combo
Forward Roll
Rock & Roll
Straddle Roll
Splits Technique
Positions: squat, pike, straddle, lunge, v-sit, hollow body

TRAMP

Swivel Hips
Seat Drop
Full Turn
Helicopter
1/2 Turn L/R, Full Turn
Tuck, Pike, Straddle
Pike Jumps
Straddle Jumps
Tuck Jumps (Hit Shins)
Jump left, right, forward, back
Arm Action-shoulders to V up, out & down
Jump Sideways to SLP

**JR. GYM/
BEGINNER**

Effort

Belief

Fairness

Truth