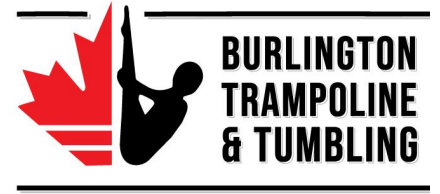


Skill Progression Pathway

Recreational and Community
Programs



Recreational Gymnastics

Kindergym, Jr Sampler, Sampler

Recreational

Level 1

- Front roll down cheese
- Log roll down cheese
- Donkey kick hands on block
- Stop bounce (motorcycle)
- Jumps on bed
- Jumps in box
- P-bar bear walk
- 2 foot hops to target
- Climb over all obstacles unassisted

Level 2

- Backward roll to wall (drill)
- Lateral hand walk one blue block on knees
- Cartwheel prep jumps side to side
- Walk on and off trampoline
- Beginner tuck jump (lift knees)
- Turn jump
- Bar tuck hold 5s
- Hang on swiss cheese 5 seconds
- Backwards timber to pit

Level 3

- Bridge hands on block for 5s
- Front roll floor
- Levers T shape against the wall hold 3s
- Floor landing panel mat
- 3 jumps, stop bounce
- 5 jumps on X
- Pbar crab walk
- Agility 1 foot per space obstacle to obstacle with hands and feet

Level 4

- Wall walk to handstand L shape
- Tuck backward roll down the cheese
- Cartwheel feet on the wall
- Beginner pike jump (lift toes)
- Beginner straddle jump (lift toes legs apart)
- 1/2 turn jump
- Toes to bar hang
- Monkey bars assisted
- Pbar side bear

Recreational

Level 5

- Bridge from floor
- Front roll, donkey kick, front roll
- Pike roll down cheese
- Pike Jump
- Tuck Jump
- Straddle Jump
- Jump to knee height
- Pike hold bar 5s
- Apparatus transfer assisted

Level 6

- Straddle roll to sit
- Kick to handstand against the wall
- Cartwheel back against the wall
- Seat drop (fingers forward)
- Floor landing medium block
- Tuck, straddle, pike, stop bounce
- Pbar sloth crawl
- Jump over angle height
- Precision jump (2 ft to 2 ft)

Level 7

- Front roll, front roll, straight jump
- Jump off block backwards knee high landing in motorcycle
- Pike roll on floor
- Hand knee drop on mat
- Seat drop 1/2 turn to feet
- Full turn jump
- Pbar changing animals
- Gargoyle(skin cat no feet on bar)
- Safety vault (1 hand)

Level 8

- Front roll, cartwheel
- 5 donkey kicks in a row on fast track
- Roundoff off block
- 10 straight jumps on X (straight arms + legs)
- Tuck/pike/straddle jump w/ kickout
- Hand knee, stomach, no mat
- Monkey bars to 2 hands unassisted
- 2 step jump to side ninja kick
- 3 swings with regrasp

Recreational

Level 9

- Tuck, pike, straddle rolls in a row on floor
- Front roll, cartwheel, back roll
- Lunge to handstand
- Hand knee, seat drop
- Back drop on mat
- Stomach drop on mat
- Kick off wall half turn
- Window escape
- Monkey bars unassisted 1 to 1

Level 10

- Back roll to front support on floor
- Cartwheel feet over head on line
- Back bend
- Stomach drop no mat
- Backdrop no mat
- Swivel hips
- Climb across whole net
- P bar changing animals
- 3 casts

Level 11

- 5 cartwheels in a row on line
- Roundoff
- Back bend to bridge kickover on cheese
- 1/2 turn back drop from stand on mat
- 1/2 turn, stomach drop
- Back drop, 1/2 to feet
- Turn vault (2 hands sideways no feet)
- Penny roll into pit
- Climb across hammock

Level 12

- Bridge kickover on floor
- Handstand roll
- Hurdle round off straight jump
- Roller
- 1/2 airplane
- Seat drop to stomach drop
- Kong vault
- 2 steps to penny roll
- Window escape

Ninja Gymnastics



Ninja Specific Skills

Level 1

- Log roll (cheese)
- Front roll (cheese)
- 5 jumps on X (tramp)
- Motorcycle on X (tramp)
- P-bar bear walk
- 2 foot hops to target
- Climb over all obstacles unassisted
- Bar tuck hold 5s
- Hang on swiss cheese 5 seconds

Level 2

- Front roll on mat to bum
- Tuck jump (tramp)
- Straddle jump (tramp)
- Pbar crab walk
- Agility 1 foot per space obstacle to obstacle with hands and feet
- Toes to bar hang
- Monkey bars assisted
- Tight body timber

Level 3

- Front roll front roll on mat
- Pike jump (tramp)
- Seat drop (tramp)
- Pbar side bear
- Hop scotch
- Jump to knee height
- Pike hold bar 5s
- Apparatus transfer assisted
- Front/side/back kick
- Warp Wall Attempt

Level 4

- Front roll to stand(floor)
- 5 sec. Handstand 90 degree hold on wall
- Tuck,pike,straddle in a row (tramp)
- Half turn (tramp)
- Pbar sloth crawl
- Jump over angle height
- Precision jump(2 ft to 2 ft)
- Chin up hold 3s
- 2 step and jump into pit(off 1 leg)
- 5' Warp Wall Climb

Ninja Specific Skills

Level 5

- ❑ Assisted back roll cheese
- ❑ 120d hdsd hold wall 5s
- ❑ 10 straight jumps on X (tramp)
- ❑ Donkey kicks on block/springboard
- ❑ Pbar changing animals
- ❑ Gargoyle(skin cat no feet on bar)
- ❑ Safety vault (1 hand)
- ❑ Monkey bars to 2 hands unassisted
- ❑ 2 step jump to side ninja kick
- ❑ Warp Wall top deck grab

Level 6

- ❑ Back roll down cheese
- ❑ Stomach to wall handstand hold 5s
- ❑ Seat drop to jump 1/2 turn (tramp)
- ❑ Backdrop with mat (tramp)
- ❑ Pbar support 10 seconds
- ❑ Short course in under 60 sec
- ❑ 3 swings with re-grasp
- ❑ Monkey bars unassisted 1 to 1
- ❑ Warp Wall complete

Level 7

- ❑ 2 front roll in a row on floor
- ❑ Handstand hold 5s back to wall
- ❑ Seat drop to doggy (tramp)
- ❑ Kick off wall half turn
- ❑ Window escape
- ❑ Short course in under 45 sec
- ❑ Climb across whole net
- ❑ 2 steps to full turn
- ❑ 8' Warp Wall Climb

Level 8

- ❑ Kick to handstand
- ❑ Ninja roll
- ❑ Doggy to stomach (tramp)
- ❑ Tuck, 1/2, straddle, seat (tramp)
- ❑ Kick off wall 1/2 to front roll
- ❑ Window escape to front roll
- ❑ Medium course in under 35 sec
- ❑ Climb across hammock
- ❑ Penny roll off edge to pit
- ❑ 9' Warp Wall Climb

Ninja Specific Skills

Level 9

- Cartwheel
- Handstand front roll
- Seat doggy stomach (tramp)
- Jump full turn (tramp)
- P-bar front support walk
- 3 casts
- Turn vault (2 hands sideways no feet)
- 2 steps to penny roll
- Medium course in under 60 sec
- Warp Wall top deck grab

Level 10

- Round off off a block
- Forward roll jump 1/2 back roll
- Back drop (tramp)
- Front drop (tramp)
- P-bar swings (5)
- Kong vault (2hand to 2 feet)
- 3 casts to push off
- 2 steps to cartwheel
- Medium course in under 45 sec
- Warp Wall Complete

Level 11

- Round off
- penny roll with mat (tramp)
- 10 skill routine (tramp)
- P-bar backwards walk
- window escape 1/2 turn
- Kash vault (2 hands no feet double hop)
- 2 steps to front tuck
- Long course in under 90 sec

Level 12

- Round off back roll
- Penny roll
- 1/2 turn to back drop (tramp)
- Full wall
- P-bar scoops
- Window escape to full turn
- Dash vault (2 hands,no legs,pike over)
- 1 step to front tuck (off 1 foot)
- Long course in under 90 sec

Trampoline Gymnastics



Trampoline Specific Skills

Level 1

- ❑ Stop bounce (motorcycle)
- ❑ Jumps on bed
- ❑ Jumps in box
- ❑ Walk on and off trampoline
- ❑ Beginner tuck jump (lift knees)
- ❑ Turn jump
- ❑ Floor landing panel mat
- ❑ 3 jumps, stop bounce
- ❑ 5 jumps in box

Level 2

- ❑ Stop bounce arms out
- ❑ Arm circle jumps
- ❑ Toe point jumps
- ❑ Beginner pike jump (lift toes)
- ❑ Beginner straddle jump (lift toes legs apart)
- ❑ 1/2 turn jump
- ❑ Floor landing low block
- ❑ Knees up jump, toes up, stop bounce
- ❑ 5 jumps on X

Level 3

- ❑ Stop bounce increased height
- ❑ Straight jumps (arms + toes)
- ❑ Tuck jump
- ❑ Pike jump
- ❑ Straddle jump
- ❑ Seat drop (fingers forward)
- ❑ Floor landing medium block
- ❑ Tuck, straddle, pike, stop bounce
- ❑ 5 straight jumps on X

Level 4

- ❑ Stop bounce increased height
- ❑ Hand knee drop on mat
- ❑ 7 straight jumps on X (straight legs)
- ❑ Seat drop 1/2 turn to feet
- ❑ Full turn jump
- ❑ Back drop on mat, no bounce
- ❑ Stick off block
- ❑ Frame pad landing stop bounce
- ❑ Tuck, seat, straddle, 1/2 turn, stop bounce

Trampoline Specific Skills

Level 5

- ❑ 10 straight jumps on X (straight arms + legs)
- ❑ Tuck/pike/straddle jump w/ kickout
- ❑ Hand knee, stomach, no mat
- ❑ Hand knee, seat drop
- ❑ Back drop on mat
- ❑ Stomach drop on mat
- ❑ Seat drop, 1/2 to feet, seat drop
- ❑ Seat drop to HKD
- ❑ Pike, seat, 1/2 to feet, tuck, HKD, stop bounce

Level 6

- ❑ Stop bounce from max height (feet stay on bed)
- ❑ Stomach drop no mat
- ❑ Backdrop no mat
- ❑ Swivel hips
- ❑ Seat drop, 1/2 turn HKD drop, 1/2 turn seat drop
- ❑ 1/2 turn back drop from stand on mat
- ❑ 1/2 turn, stomach drop
- ❑ Back drop, 1/2 to feet
- ❑ Full turn, tuck, seat, 1/2 feet, pike, stomach, stop bounce in box

Level 7

- ❑ Roller
- ❑ 1/2 airplane
- ❑ Seat drop to stomach drop
- ❑ Escape drill (1/2 turn to back drop)
- ❑ Swivel hips x3
- ❑ Backdrop to stomach drop w/ mat
- ❑ Front roll on bed w/mat
- ❑ Stomach, 1/4 turn HKD, 1/4 turn stomach
- ❑ Tuck, swivel hips, pike, full turn, straddle, back drop, stop bounce

Level 8

- ❑ 5 needles
- ❑ Cradle
- ❑ Turntable
- ❑ Back drop, 1/2 turn stomach, 1/2 turn back drop
- ❑ Stomach drop to back drop
- ❑ Tuck jump kick out to flat back on mat
- ❑ Penny roll on mat (arms out)
- ❑ Swivel, roller
- ❑ Back drop, tuck, 1/2 airplane, pike, full turn, stop bounce, in box

Trampoline Specific Skills

Level 9

- ❑ Stop bounce from max height
- ❑ Cat twist
- ❑ Full airplane
- ❑ Shaped cradle (kickout)
- ❑ Front tuck to back on mat (kickout)
- ❑ Pike jump kick out to flat back on mat
- ❑ Back roll on mat from standing
- ❑ 10 needles with kickout
- ❑ Cradle, tuck, swivel, pike, stomach, 1/2 turn to feet, stop bounce

Level 10

- ❑ Cruise
- ❑ Front tuck with kickout on mat
- ❑ Back pull over on mat
- ❑ Front pike to flat back on mat (kickout)
- ❑ Cradle, cat twist
- ❑ Escape drill with height (late twist)
- ❑ 10 needles with kickout on X
- ❑ 10 bounce time:
- ❑ 5 skill routine in box, athletes choice

Level 11

- ❑ Front pike (kickout)
- ❑ Front tuck to back on mat, 1/2 turn to stomach
- ❑ 3/4 front
- ❑ Back pull over with kickout
- ❑ 3/4 front, needle
- ❑ Back pullover, back pullover
- ❑ Straddle jump, front tuck
- ❑ 10 bounce time (higher than previous):
- ❑ 7 skill routine in box, athletes choice

Level 12

- ❑ Barani tuck
- ❑ 3/4 front, front pullover
- ❑ Back tuck with kickout
- ❑ 3/4 front straight
- ❑ Pike, 1/2 airplane, barani tuck
- ❑ Swivel hips, straddle jump, barani tuck
- ❑ Barani tuck, tuck jump, front pike
- ❑ 10 bounce time (higher than previous):
- ❑ 10 skill routine in box, athletes choice

Tumbling Gymnastics



Tumbling Specific Skills

Level 1

- Front roll down cheese
- Log roll down cheese
- Donkey kick hands on block
- Backward roll to wall (drill)
- Lateral hand walk one blue block on knees
- Cartwheel prep jumps side to side
- Bridge hands on block for 5s
- Front roll down cheese to stand
- Levers T shape against the wall hold 3s

Level 2

- Front roll on floor
- Wall walk to handstand L shape
- Tuck backward roll down the cheese
- Cartwheel feet on the wall
- Bridge from floor
- Front roll, donkey kick, front roll
- Pike roll down cheese
- Lateral hand walk on toes (blue block)
- Levers T shape to kick on floor 5x

Level 3

- Straddle roll to sit
- Kick to handstand against the wall
- Squat to backward roll down cheese
- Cartwheel back against the wall
- Bridge hold 5s
- Front roll, straddle roll to sit
- Front roll, front roll, straight jump
- Jump off block backwards knee high landing in motorcycle
- Pike roll on floor

Level 4

- Straddle roll to stand
- Kick to handstand against the wall hold 5s
- Cartwheel
- Backward roll to stand down the cheese
- Bridge one leg up
- Front roll, front roll, lever
- Front roll, cartwheel
- 5 donkey kicks in a row on fast track
- Penny rolls on fast track

Tumbling Specific Skills

Level 5

- Kick to handstand against wall 10s hold
- Backward roll to front support (cheese)
- Cartwheel feet over head
- Rock bridges x10
- Tuck, pike, straddle jump on fast track
- Tuck, pike, straddle rolls in a row on floor
- Front roll, cartwheel, back roll
- Round off (off block)
- Cartwheel to stomach hip high mat

Level 6

- Lunge handstand
- Back roll to front support on floor
- Cartwheel with arms and legs extended
- Bridge one leg up jumps
- Round off to knees on a mat
- Knee cartwheel
- Dive roll
- Hurdle against the wall
- Handstand roll

Level 7

- Backbend walking down the wall
- Bridge kickover on the block
- Round off
- Hurdle cartwheel scoop
- Handstand fall to back tight body
- Handstand fall to stomach tight body
- Full line donkey kicks on fast track
- 5 backward donkey kicks in a row on fast track
- Cartwheel, cartwheel, round off

Level 8

- Backbend (cheese)
- Bridge kickover (cheese)
- Knee round off
- Full line backward donkey kick on fast track
- Handstand fall into bridge (cheese)
- Handstand snap to front support
- Stand up from bridge
- Cartwheel, round off, back roll
- 5 connected cartwheels on line

Tumbling Specific Skills

Level 9

- Backbend on floor
- Bridge kick over on floor
- Hurdle round off straight jump
- Front tuck into the pit
- BHS prep jump into the pit
- Pop on/off cartwheel
- Korbet
- Handstand pop
- Cartwheel, cartwheel, round off, straight jump stick

Level 10

- Front walkover
- Back walkover
- Back limber (cheese)
- Round off scoop off a block
- BHS on boulder
- 2 steps hurdle, round off, punch to bum
- Front tuck on fast track
- Handstand walk 6 steps
- 5 skill pass- connected

Level 11

- Back limber
- BHS down cheese with spot
- Front walkover, cartwheel, back walkover combo
- Back tuck set to candlestick
- BHS on trampoline
- Front handspring on floor
- Front tuck onto mat
- Handstand walk 10 steps
- 6 skill pass - connected

Level 12

- BHS on floor
- Back tuck into pit
- Round Off BHS on fast track
- Front tuck on floor
- Standing 2 BHS on fast track
- Round off BHS on floor
- Full Line of penny rolls fast track
- Full line grasshoppers on fast track
- 8 skill pass - connected

Strength & Flexibility



Strength and Flexibility

Strength - Level 1

- ❑ Arm: Identify a high plank hold on knees
- ❑ Core: Identify tuck hold position
- ❑ Leg: Identify proper sit to stand off knee height block

Strength - Level 2

- ❑ Arm: High plank hold on knees 5s
- ❑ Core: Tuck hold position 5s
- ❑ Leg: Proper sit to stand on knee height block

Strength - Level 3

- ❑ Arm: High plank hold on feet 10s
- ❑ Core: Tuck hold 10s
- ❑ Leg: Sit to stand, back to sit on knee height block x3

Strength - Level 4

- ❑ Arm: Push down to belly from knees holding plank position 3s lower x3
- ❑ Core: Tuck hold 20s
- ❑ Leg: 20s wall sit hold

Flexibility - Level 1

- ❑ Identify seated pike hold at 90 degrees
- ❑ Identify cobra and seal stretch
- ❑ Identify seated straddle at 90 degrees

Flexibility - Level 2

- ❑ Seated pike hold at 90 degrees 10s with straight legs and pointed toes
- ❑ Seal stretch 10s with squeezed legs
- ❑ Seated straddle 10s with straight legs and pointed toes

Flexibility - Level 3

- ❑ Reaching pike hold 10s with straight legs and pointed toes hands to shins
- ❑ Seal stretch 15s with squeezed legs
- ❑ Reaching straddle 15s with squeezed legs, hands to floor

Flexibility - Level 4

- ❑ Reaching pike hold 20s with straight legs and pointed toes hands to shins
- ❑ Seal stretch 20s with squeezed legs
- ❑ Reaching straddle 20s with straight legs and pointed toes

Strength and Flexibility

Strength - Level 5

- ❑ Arm: Hand release push up on knees x5
- ❑ Core: Pike hold 20s
- ❑ Leg: 15s squat hold

Strength - Level 6

- ❑ Arm: Hand release push up from feet x5
- ❑ Core: Hollow/dead bug hold 20s
- ❑ Leg: 30s squat hold

Strength - Level 7

- ❑ Arm: Standard push up x5 in a row hands elevated
- ❑ Core: Dead bug x10 with straight legs
- ❑ Leg: 10 regular squats

Strength - Level 8

- ❑ Arm: Standard push up x5 in a row on floor
- ❑ Core: Bird dog x5 per side with 3s hold
- ❑ Leg: 15 regular squats in a row

Flexibility - Level 5

- ❑ Reaching pike hold 30s with straight legs and pointed toes hands to shins
- ❑ Seal stretch 30s with straight legs hips flat
- ❑ Reaching straddle 30s with straight legs and pointed toes chest <1 foot from floor

Flexibility - Level 6

- ❑ Reaching pike hold 20s with straight legs and pointed toes hands to ankles
- ❑ Seal stretch 30s with straight legs hips flat torso vertical
- ❑ Identify all 3 split positions on a line, perform each for 10s

Flexibility - Level 7

- ❑ Reaching pike hold 30s with straight legs and pointed toes hands to ankles
- ❑ Wall walk bridge to ½ way
- ❑ All 3 split positions on a line ½ way down 20s

Flexibility - Level 8

- ❑ Reaching pike 2-5 inches from flat 30s
- ❑ Wall walk bridge, hold bridge at bottom for 5s
- ❑ All 3 split positions on a line ⅔ of the way down 20s

Strength and Flexibility

Strength - Level 9

- ❑ Arm: Standard push up x10 in a row
- ❑ Core: Bird dog x5 per side with knees elevated
- ❑ Leg: 15 squat jumps in a row

Strength - Level 10

- ❑ Arm: Standard push up x10 in a row feet elevated on block
- ❑ Core: Pike snap x10 in a row with straight legs
- ❑ Leg: Walking lunges x10 per leg

Strength - Level 11

- ❑ Arm: Differentiate and perform x5 regular push ups, x5 plyo push up, x5 tricep push up
- ❑ Core: Hollow rockers in a row with straight legs x10
- ❑ Leg: Reverse lunge to pop x10/leg

Strength - Level 12

- ❑ Arm: x8 Regular push ups, x8 plyo push ups and x8 tricep push ups in a row
- ❑ Core: Hollow rockers in a row with straight legs x20
- ❑ Leg: 10 pistol squat per leg sitting onto knee height block

Flexibility - Level 9

- ❑ Reaching pike <2 inches from flat x30s
- ❑ Long and short bridge identification and hold 5s
- ❑ Splits <2 inches from floor all 3 ways x20s

Flexibility - Level 10

- ❑ Seated pike, flat (nose to knees) x20s
- ❑ Long and short bridge hold 10s
- ❑ Flat splits 1 out of 3 ways x20s

Flexibility - Level 11

- ❑ Standing pike, touch floor x20s
- ❑ Long and short bridge hold x20s
- ❑ Flat splits 2/3 ways x20s

Flexibility - Level 12

- ❑ Pike over ledge, entire hand below feet x20s
- ❑ Long and short bridge hold 30s
- ❑ Flat splits all 3 ways x30s

Safety & Etiquette



Safety and Gym Etiquette

Level 1-4

- Stays with group at all times
- Walks in the gym (no running or climbing without permission)
- Uses equipment only when the coach says so
- Waits for turns with patience
- Stops immediately when the coach says “freeze”
- Listens while the coach is talking
- Keeps hands and feet to yourself
- Use kind words and respect others
- Helps clean up equipment when asked

Level 5-8

- Moves safely between stations and areas
- Follow gym safety rules without reminders
- Uses equipment correctly and responsibly
- Stays focused during instructions
- Is aware of others' space and safety
- Waits patiently and calmly between turns
- Shows respect to coaches, teammates, and equipment
- Helps set up and pack away equipment
- Encourages other athletes in group in a positive way

Level 9-12

- Model for excellent safety and gym etiquette at all times
- Acts as a leader and role model in the gym
- Takes full responsibility for actions
- Elevated focus and discipline during all training
- Supports and encourages safe behavior in others
- Treats the gym, equipment, and people with respect
- Handles feedback and corrections maturely
- Helps uphold gym rules and expectations
- Represents the club positively in and out of the gym