

LONDON GYMNASTICS FLOOR AND VAULT COMPETITION

SATURDAY 21ST MARCH 2014

FALCON SPARTAK GC, HURSTMERE SCHOOL, HURST ROAD, SIDCUP

ROUTINES TO BE WORKED ON A FLOOR STRIP

From crouch bunny hop (can also be used as a link move for more advanced gymnasts, see below)	Travelling bunny hops x 2
Rock backwards and forwards in tuck	Rock backwards and forward to stand
Forward Roll	Forward Roll to Straddle Balance
Backward Roll	Backward Roll to Straddle Balance
Teddy Bear Roll (half)	Teddy Bear Roll (full)
Jump Half Turn	Half Spin
Jump Full Turn	Full Spin
Tuck Jump	Tuck Jump with Half Turn
	Star Jump
Cartwheel (Modified)	Cartwheel - Cartwheel $\frac{1}{4}$ turn in or out
	1 Handed Cartwheel
	Round Off
Change Leg Handstand	Kick to Momentary Handstand - step back down
Handstand Forward Roll	
Dish-Arch (Log Roll)	
V-Sit Hold	
Any Single Leg Balance	Kneel on one knee balance
Cat Leap	Cat Leap with Half Turn - Scissor Kick
Front Support - Jump to Crouch - Stand	Front Support - Jump to Crouch - Immediate upward jump as listed
Front or Back Support	Press up or squat through to back support
From Dish position - Tuck rock to sit or stand	Dish or Arch Rocks
Japana	Japana Swim Through
Kneeling Half Split	Splits
Lunge	Bridge
Link Moves: Chassis, Skips, Hops, Walking Steps (Bunny Hops should be link moves as should the 3 running paces hurdle step jump feet together)	