

IHSGCA

Possible “Go To” Skills for JO 9 transition

Floor Exercise

EGRI: Non-acrobatic elements

A Skills:

- Swiss press to handstand (Hold)
- Rock to hdst. From prone position (Hold)
- Handstand (Hold)
- 1/2 turn in handstand or to handstand
- splits
- any scale (hold)
- Staddled Support Scale (Straddle Planche)
- straddle cut on floor

Obtainable B's & C's

- straight arm pike press (B)
- Wide arm (Japanese) handstand (B)
- Support Scale (Legs together planche) (B)
- V-Sit (B)
- Endo Role to Handstand (B)

EGR II: Acrobatic Elements forwards

A Skills

- Any neck or head spring
- front handspring / front flyspring
- dive roll
- front tuck or pike

Obtainable B's & C's

- Front layout (B)
- Front salto w/ 1/2 turn. (Branni) (B)
- Front Salto w/ full twist (C)

EGR III: Acrobatic elements backwards

A Skills

- Back tuck or piked
- back handspring

Obtainable B's & C's

- Double Back (C)
- Tempo salto backwards (whip back) (B)
- Back layout (B)
- Back 1/2 (B)
- Back 1/1 (B)
- Back 3/2 (C)

EGR IV: Acrobatic elements jumps with 1/2 turn forward and backward

A Skills

- Jump backward with 1/2 turn to forward roll.
- Aerial cartwheel
- Salto sideways tucked or piked

Obtainable B's & C's

- Jump backward with ½ turn to salto forward tucked or piked (B)
- Layed out Side Sumi (B)

Pommel Horse:

EGR I: Single leg swings and scissors

A Skills:

- Scissor forward
- Scissor backward

Obtainable B's& C's

- Scissor forward with hop sideways (with/without ½ turn) (B)
- Scissor backward with hop sideways (with/without ½ turn) (B)

EGR II: Circles, spindles, and handstands

A skills:

- Any circle / flair in side support
- Circles in a cross support frontways on end
- Circles in cross support rearways on the end

Obtainable B's & C's

- Circle in side support on 1 pommel (B)
- Circle with support outside pommels or between the pommels (B)

EGR III: Travels in side and cross support

A Skills:

- Circles with travel forward in side support
- Circles with travel backward in side support
- Travel fwd in cross support from one horse part or pommel to another (1/3)
- Travel bwd in cross support from one horse part or pommel to another (1/3)

Obtainable B's & C's

- Circles hop to the end fwd/bwd (B)
- Circles with travel forward in side support (entire horse) (B)
- Circles with travel forward in side support hands between the pommels (entire horse) (C)
- Circles with travel backward in side support (entire horse) (B)
- Circles with travel backward in side support hands between the pommels (entire horse) (C)
- Travel fwd in cross support (1/2 or 2/3)(B)
- Travel bwd in cross support (1/2 or 2/3)(B)

EGR IV: Kehr swings and wende swings

A skills:

- Double rear (kehr)
- Wende Swing (Front out)

Obtainable B's & C's

- Direct Stockli A (B)
- Direct Stockli B (B)
- Reverse Stockli (B)
- Czechkehr on leather or pommels (B)

EGR V: Dismounts

A Skills:

- flank to wende

Obtainable B's & C's

Wendeswg fwd w. ½ turn to flank. (Front out loop off) (B)

Still Rings:

EGR I: kip and swing elements

A Skills:

- Front uprise
- from support, fall forward to backward swing in hang (forward roll out from support)
- From hang, felge upward to support (bird-up)
- Dislocate
- back uprise
- inlocate
- slow inlocate from hang
- kip to support

Obtainable B's & C's

- front uprise to L sit (B)
- back uprise through handstand, piked or straight (B)
- Yamawaki (C)
- Kip to L-sit (B)
- back uprise straddle L (B)

EGR II: Swings to Handstand

A Skills:

- None

Obtainable B's & C's

- Shoot hand with bent arms to handstand hold (B)*
- Backuprise to handstand (B)*
- Shoot hand with straight arms to handstand hold (C)
- Giant swing (bent arm) (B)
- giant with straight arms to handstand hold / back uprise handstand straight arms hold(C)
- From support swing backward to handstand (B)
- Homma (C)

EGR III: Swings to Strength Hold Moves

A Skills:

- None

Obtainable B's & C's

- front uprise to cross/L-cross (C)
- back uprise planche straddle (C)
- back uprise to cross/ L- cross (C)
- Kip cross / L-cross (C)
- Front uprise V(C)

EGR IV: Strength to hold elements

A skills:

- L sit / straddle L sit
- back lever
- front lever

- press to handstand bent body bent arms

Obtainable B's & C's:

- V sit (B)
- straddle support scale (straddle planche) (B)
- Support Scale (C)
- Any cross (B)
- Press to handstand with strght. Body bent arms, strght. Arms bent body, or from straddle planche (B)
- vertical pull up with bent arms to back lever (B)
- from cross/ L-cross to back lever (B)
- Cross/ L-cross pull-out (C)

EGR V: Dismounts

A Skills:

- forward salto piked or stretched
- backuprise back salto tucked (backoff)
- backward salto piked or stretched

Obtainable B's & C's:

- Salto forward piked or stretched with ½ turn (B)
- Salto forward pikes or stretched with 1/1 turn (C)
- backuprise back salto piked or stretched (Backoff) (B)
- Salto backward stretched with a 1/1 or ½ turn (B)
- Double back tucked or piked (B)

Parallel Bars

EGR I: Elements in support or through support on 2 bars

A Skills:

- Any handstand on 1 or 2 rails (hold)
- L sit on 1 or 2 rails (hold)
- Any handstand with ½ turn forward (hold)
- ½ turn backward in handstand (hold)

Obtainable B's & C's:

- Bent arm swing forward to hop ½ turn to support (Kato) (B)
- Straddle cut backwards to handstand (B)
- Any press w. bent arms str. Body or str. Arms bent body to hdst. On 1 or 2 rails, also straddled (B)
- Back Stutz (B)
- Healy to upper arm (B)
- Healy to support (D!!!!)
- full piro (B)
- From hdst on 1 rail, ½ or ¾ piro fwd. or bwd. To hdst. (B)
- 5/4 salto forward tucked or piked to upper arm (over rotated front toss) (B)
- Salto fwd to support (Front toss support) (C)
- Stutz forward to 45°(B)*

EGR II: Elements starting in upper arm position

A Skills:

- Front uprise
- back uprise straddle cut to support with bent arms

Obtainable B's & C's:

- fwd uprise and straddle cut bwd to handstand (B)
- bwd. Uprise to handstand (B)
- bwd. Uprise w. ½ turn to straddle cut backwards to support (Markelov) (C)
- bwd. Uprise straddle cut to support with straight arms (B)

EGR III: Long swings in hang on 1 or 2 bars

A Skills:

- Glide kip on 1 or two rails

Obtainable B's and C's:

- Moy to support (C)
- Giant to handstand (C)
- Giant swing to support (B)
- Swing down with salto backward to hang (B)
- Glide kip ½ turn to support (B)
- Glide kip strddl. Cut. Bwd. To hndst. (B)

EGR IV: Underswings

A Skills:

- Cast to upper arms (drop cast)

Obtainable B's and C's:

- Cast to support (B)
- Cast with ½ turn to upper arms (B)
- basket (peach) with travel to hang (B)
- basket (peach)with straight arms to support lower than handstand (B)*

EGR V: Dismounts

A Skills:

- Salto fwd. piked or stretched
- Salt bwd. Piked or stretched
- from hang on end, salto bwd. Stretched

Obtainable B's and C's:

- Salto fwd. piked or stretched with ½ turn (B)
- Salto fwd. piked or stretched with 1/1 turn or 3/2 turn (C)
- Salto bwd. Piked or stretched with ½ turn (B)
- Salto bwd. Piked or stretched with 1/1 or 3/2 turn (C)

High Bar

EGR I: Long hang swings and turns

A Skills:

- Back uprise to handstand
- Giant Swing forward
- Giant Swing forward with ½ turn (Piro)
- Giant Swing backward

-Giant Swing backward with ½ turn (Blind)

Obtainable B's & C's:

- Swing backward and pirouette to hang (full turn in backswing) (B)
- Giant swing forward with 1/1 turn in mixed grip (full piro) (B)
- Giant swing forward with 1/1 turn in el-grip (full piro to eagles) (C)
- Flying Giant swing backward (B)
- Giant swing backward with ½ turn to el-grip (full higgins to eagle) (B)

EGR II: Flight elements

A Skills:

-Straddle Cut

Obtainable B's & C's:

- Voronin (B)
- Vault (B)
- Jager (C)
- Gienger (C)

EGR III: Elements near the bar (in-bar elements)

A Skills:

- Kip to handstand
- Free hip to handstand
- bwd/fwd sole circle to handstand.

Obtainable B's & C's:

- Weiler kip (B)
- Endo (B)
- Stalder (B)
- Stalder ½ turn to el-grip (C)

EGR IV: El-Grip and dorsal hang elements

A Skills:

-From el-grip, hop to under-grip over the bar.

Obtainable B's and C's

- el-grip giant (B)

EGR V: Dismounts

A Skills:

-Salto backward with/without ½ or 1/1 turn

Obtainable B's and C's:

- Salto backward with 2/1 turn (B)
- Double salto back (tucked/picked)(B)
- Double salto back (layed out) (C)
- Double salto back over the bar (B)