

Brasfield Gymnastics and Cheer Guidelines for Progression in Recreational Program

From Beginner To Intermediate Level

Bars

Back-hip pullover
Close to back-hip circle on their own

Beam

Know various walks
Close to a cartwheel on low beam
3/4 handstand on low beam
Stretch Jump & Tuck Jump

Tumbling

One-handed cartwheel
Bridge kick over (on incline and
close to doing it on the floor)
Round-off
Backward roll

Trampoline

Seat Drop
Close to swivel hips

From Intermediate To Preteam (Level 2)

Bars

Cast to sole circle dismount
Under-swing dismount
Back hip circle

Beam

Working on side handstand dismount
Round-off dismount (low beam)
Cartwheel on middle beam
3/4 Handstand on low beam

Tumbling (Tumble-Trak)

Back handspring (with one spot)
Working on round-off back handspring
Front Limber backbend kickover

Tumbling

Back extension roll
Back walkover
Handstand forward roll
Front Handspring

Trampoline

Swivel hips
Back handspring
Back Drop

From Preteam (Level 2) to Level 3 Team **By teacher invitation only

Bars

Back hip circle on high bar
Glide kip (close)
Squat On
Forward stride circle

Beam

Side Handstand dismount
Back walkover (one spot)
Vertical Handstand
Split Leap
Cartwheel

Tumbl-Trak

Round off back handspring (one spot)
Round-off BHS/BHS (one spot)
Dive Roll
Standing back tuck (one spot)

Trampoline

Tuck/Layout
Front Tuck
Working on Front and Back Twisting

Tumbling

Aerial cartwheel (close to it)
Straight arm back extension roll
Back handspring step out
Working Flyaways Layouts