

GAGE BAR CHART

Name:		Level:		Age		date:	
Basics	Circles	Pirouettes	Giants	Releases (same bar)	Release (high - low, low to high)	Release to release (same bar)	Dismounts
body shaping	clear hip	floor bar pirouettes	back giant	tkachev	staddle back	ray to tkachev	layout flyaway
kip routine	toe hand	blind change	front giant (no tap)	jaeger	bale	ray to geinger	double fly
peach basket	front stalder	blind change to blind change	tapping front giant	geinger	pak	ray 1/2 to jaeger	open double
front seat and back seat circle	back stalder	giant full	tap swing up to back giant	straddle toe ray	snap up from toe, stalder, or inward	jaeger 1/2 to jaeger	full in
cast handstand	inward	hop 1/2 to hop 1/2	jump off high bar to back giant	pike ray	clear hip hecht		double layout
kip cast handstand	weiler kip	hop full	tap swing from shaposh	inward reverse hecht	shaposh		double layout with a twist
3/4 giant		higgins		hindorf	shaposh 1/2		double front
		ono		exotic releases	full twisting pak		double front 1/2
				def	straddle back 1/2		
				jaeger 1/2	ray to bale or pak		
				ray 1/2	shaposh swing to geinger		
				layout jaeger			



GAGE BEAM CHART

Name:		Level:	Age:	Date:
Basics	Series	Single Skills	Dismounts	Leaps/Turns
Handstand Lock	Handstand Back Handspring	Side Aerial	Cartwheel Handstand Turn Off	Split Leap/Split Jump
Cartwheel	Back Walkover Back Handspring	Front Aerial	Cartwheel Back Tuck	Switch Leap
Back Walkover	2 Back Handsprings	Side Somme	Round Off Dismount Tuck Pike Layout	Switch Side/Switch Half
Front Walkover	3 Back Handsprings	Front Tuck	Back Handspring Step Out Back Hand 2 Foot	Straddle /Split/ Wolf Full
Back Handspring Step Out	Back Hand Layout Step Out	Back Tuck	Round Off Back Handspring	Side Straddle or Split Jump
Cartwheel Switch Leg	Back Handspring Layout Back Hand	Arabian	Single/Double/Triple Twist	Side Straddle or Split Jump with Half or 3/4
Round Off	Back Handspring 2 Layout Step Out	Onodi	Double Tuck/Pike	Ring Jump/Sheep Jump
Front Handspring	Back Hand Layout 2 Foot	Back Tuck Full	Arabian	Switch Ring
Back Handspring 2 foot	Back Handspring Step Out Back Handspring 2 Foot Back Layout 2 Foot	Full Twisting Back Handspring	Full In	Passe Turn
	Aerial Back Handspring			L Turn
	Aerial Back Layout Step Out			Leg Up Turn
	Front Handspring Front Tuck			Wolf Turn





Dragon Team

SKILLS AND DRILLS TO FOCUS ON THIS SUMMER AND BEYOND!

Level 6 and 7

- **GAGE running warmup**
- **Falling drills**
- **Exercises:**
 - Rope
 - High bar pull overs with tennis shoes
 - Stall bar leg lifts
 - Stomach tuck ups using stall bar
 - Cast handstands (straddle and legs together)
 - Back leg lift extensions
 - Press handstands
 - Handstand holds 30 seconds up to one minute
 - Running stairs
 - Leg jumps onto mats
 - Mat pushing
 - Ankles and wrists
 - Plange strength

Flexibility

- Body alignment using black towers and mirror
- Team spotting body tightness exercises
- Feet together partner drills
- Long floor bar handstand walks around the Cube (overhand and underhand)
- Men's parallel bar hand walks - forward-sideways-backward

Vault:

- Running drills
- Orange hurdles running to lift knees
- Sprint racing to the Cube
- Perception/ distance awareness drills using mats or foam bumpers
- Slip and slide using blobs or Cubes
- Round off station complexes
- Tramp vaulting: handsprings, tusks, Kas, body spring timers
- Beginner yurchenko drills
- Tramp back handspring "snap up" drill for yurchenkos
- Tramp work

Bars:

- Kip routine
- Kip ultra
- Front and back pirouettes on floor bar
- Wall floor bar full pirouettes and more
- Tap swings using Al Fong Spotting Blocks channel
- Strap bar work processing
- Cube station candles, straddle backs
- Incline Cube tap swing onto back for flyaways and bales
- Knee swing paks
- Tramp seat drop back handstand and bale work
- Tramp low bar bounce for inwards and stalders
- Tramp bumpers for bounce to straddle over or handstand
- Front sole and back sole circles (include L grip)
- Clear hip machine
- Back giants
- Front giant drops
- Use the Al Fong Spotting Block wedges
- Front giant drops
- Bar cage work
- Bar catching drills
- Tramp stap bouncing
- Trapeze fun for flyaways and tap to stand onto platform

Beam:

- Beam walks, etc...(start on one end and jump off the other end to practice falling)
- Beam complexes - high beam and laser beam
- Jumps and leaps
- Turns on one foot (1/2 and 1/2) , wolf turn (1/2 and 1/1) , high leg in front 1/2 turn
- Dismounts: roundoff entries and back handspring series entries
- Tumbling basics: cartwheels, walkovers-front and/or back, back and/or front handsprings, two foot handsprings
- Jump/press handstand mount
- Jump squat on and split leap mount from the end

Floor:

- GAGE Basic Tumbling Complex warmup series
- Trampoline building blocks training using the 5 positions: seat drop, doggie drop, dead dog, superman, reverse superman
- Euro tramp to foam pit target shooting
- Long tramp processing tumbling with spotting blocks, planks, 8 inch mats, the Cube
- Tumbling series and combinations
- Twisting awareness drills
- Double back/double front awareness drills
- Barre dance complexes
- Jumps and leap combinations using panel mats and long tramp
- Turns on one foot using the ballet barre spotting the mirror (1/2, 1/1)
- Wolf turns