



# VIRTUAL GYMNASTICS COMPETITION

## Requirement Skill Ideas

### Acrobatic Skill Idea's

- Tuck and roll to stand
- Log roll
- Egg roll (tuck side roll)
- Bunny hop
- Forward roll
- L Handstand
- Handstand
- Cartwheel, side, lunge or step in
- Forward or backward walkovers
- Round off

### Jump or leap Idea's

- Straight jump
- Tuck jumps
- Jump ½ turn
- Star jump
- Split jump
- Pike jump
- Wolf jump
- Jump full turn
- Split leap

### Turns

- ½ turn on 2 feet (on toes)
- ½ turn on 1 foot
- ½ turn on 1 foot, place 2<sup>nd</sup> foot down and ½ turn on 2 feet
- Full turn on 1 foot

### Balance Skill Ideas

- Stalk stand (on 1 leg with other leg bent to knee)
- Leg lift hold (on 1 leg with the other extended straight to front)
- Arabesque (on 1 leg with the other extended straight behind)
- Holding on toes
- V sit (with or without hands on the ground)
- Candle stick hold

### Close to floor hold/shape

- Tuck, L or straddle sit
- Angry cat
- Front support
- Rear or back support
- Side support
- Dish hold
- Superman hold
- Bridge
- Bridge with 1 leg held up
- Splits