

Artistic Gymnastics

Floor, vault, pommel horse, rings, parallel bars, high bar, uneven bars and beam. A structured artistic gymnastics progression across 6 levels, with every apparatus covered at every level.

by the Progresspedia community

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About this book

This book was compiled from Progresspedia, an open learning platform where anyone can contribute. Every article here was written, edited, and voted on by the community - the content lives as open markdown, free to read, share, and improve. Spotted a mistake or want to add something? Open the course online and suggest an edit.

by the Progresspedia community

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3. Forward Roll - do a smooth forward roll to standing
4. Handstand - kick up to a handstand against the wall
5. Springboard Hurdle and Straight Jump - hurdle onto the springboard and do a straight jump
6. Support Hold on Pommel Horse - hold a straight-arm support on the pommel horse
7. Inverted Hang on Rings - hang upside down on the rings with control
8. Support Walks on Parallel Bars - walk along the parallel bars in support
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