

GYMFUN Matrix



	A	B	C
FLOOR	<ul style="list-style-type: none"> • Straight jump • Forward roll down wedge to tick sit • Tuck rock • Bunny hop (side-to-side & vertical) • Stretch, lunge, T scale, return to lunge • Tuck handstand (knees on wall or box) 	<ul style="list-style-type: none"> • Tuck jump • Forward roll down wedge to stand • Backward roll down wedge to angry cat • Cartwheel over box to finish in star • 3/4 Spider handstand • Candlestick, roll to stand 	<ul style="list-style-type: none"> • Star jump • Forward roll on floor to stand • Backward roll down wedge to tuck squat • Star cartwheel • Lunge to handstand (needle or mini) return to lunge • Quadrupedal walk
BARS	<ul style="list-style-type: none"> • Straight hang • Tuck hang • Knee swing • Jump to front support • Taco hang 	<ul style="list-style-type: none"> • Basket hang • Tuck lifts x3 • Glide with cylinder • Cast, return to bar • Forward roll over bar to tuck sit 	<ul style="list-style-type: none"> • Straight leg lifts x3 (L shape) • Chin up hold 3 seconds • Knee swing with re-grip x3 • Cast, push back • Assisted pullover - walk up wall/wedge
BEAM	<ul style="list-style-type: none"> • Walking forwards • Passé balance • Relevé turn • Crawl along beam • Straight jump dismount 	<ul style="list-style-type: none"> • Walking backwards • Releve walking • Squat turn • Mount; Straddle sit, swing feet to back, push up to angry cat, step through to stand. • Bunny hop 	<ul style="list-style-type: none"> • Grapevine steps • Sequence; 4 Step kicks, 2 Passé steps • Straight jump with arm swing • Kneeling scale • Handstand entry; Lunge, needle, return to lunge
TUMBLE	<ul style="list-style-type: none"> • Safety stop • Straight jump forward from height • Continuous straight jumps • Bunny hop bounces, hands on box • 5x tight body bounces on spring board 	<ul style="list-style-type: none"> • Seat drop • Straight jump backwards from height • Continuous tuck jumps • Bouncing angry cats • Box, board, box 	<ul style="list-style-type: none"> • Tight body, fall back to mat (tree fall) • Sequence: straight jump, tuck jump, star jump, stop. • Continuous star jumps • Tucked donkey kick x2 • Hurdle to board, straight jump to mat
FUNDAMENTAL SKILLS	<ul style="list-style-type: none"> • Motorbike landing shape • Stretch (starting) shape & lunge • Hip bridge • Angry cat/Happy cat • Straddle sit • Skipping 	<ul style="list-style-type: none"> • Backwards safety roll • Forward safety fall • Arch • Back support • Pike fold • Skip with rope 	<ul style="list-style-type: none"> • Splits positions (kneeling lunges) • Rope chin up hold • Half dish • Front support • Straddle fold (Pancake) • Chasse

GYMSKILLS

Levels Program



	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
FLOOR	<ul style="list-style-type: none"> • 3/4 spider handstand • Cartwheel over box to finish in star • Bunny hop (side-to-side & vertical) • Star jump 	<ul style="list-style-type: none"> • Lunge to handstand (needle or mini) return to lunge • Star cartwheel • Backward roll down wedge to tuck squat • Forward roll on floor to stand 	<ul style="list-style-type: none"> • Lunge, L handstand, return to lunge • Cartwheel to lunge • Bridge • Forward roll on floor, immediate straight jump 	<ul style="list-style-type: none"> • Lunge, handstand return to lunge • From kneeling, cartwheel to lunge • Jump full turn • Backward roll to tuck squat on floor
BARS	<ul style="list-style-type: none"> • Jump to front support • Taco hang • Glide with cylinder • Tuck lifts x3 	<ul style="list-style-type: none"> • Cast, push back • Knee swing with re-grip x3 • Forward roll over bar to tuck sit • Walk up wall/wedge pullover 	<ul style="list-style-type: none"> • Cast x3 • Jump to straddle on floor bar, drop swing to mat • Forward roll to tuck hang • Dish/arch tap swings (fish tails) 	<ul style="list-style-type: none"> • Glide swing • Stride support, half turn to front support • Coach assisted back hip circle • Pullover from incline (kick or jump)
BEAM	<ul style="list-style-type: none"> • Backwards walking • Bunny hop • Mount; straddle sit, swing feet to back, push up to angry cat, step through to stand. through to stand • Relevé turn 	<ul style="list-style-type: none"> • Sequence; 4 step kicks, 2 passé steps • Handstand entry; lunge, needle, return to lunge • Straight jump with arm swing • Squat turn 	<ul style="list-style-type: none"> • Mount; straddle press hold 2 seconds, swing to toes, stand • Lunge to invert (mini handstand) return to lunge • Tuck jump • Passé half turn 	<ul style="list-style-type: none"> • Squat mount from side of beam • L handstand to lunge • Stride leap • Forward roll to star (high beam)
TUMBLE	<ul style="list-style-type: none"> • Box, board, box • Straight jump forward from height • Straight jump backwards from height • Tight body, fall back to mat (tree fall) 	<ul style="list-style-type: none"> • Hurdle to board, straight jump to mat • Bouncing angry cats • Sequence: straight jump, tuck jump, star jump, stop • Bunny hop bounces, hands on box 	<ul style="list-style-type: none"> • Hurdle to board, straight jump to height • Donkey kicks travelling • Sequence; tuck, star, half turn, stop • Back bounces 	<ul style="list-style-type: none"> • Hurdle to board, tuck jump to box • Bounce from knees to handstand, return to angry cat • Sequence; straight, tuck, pike, half turn, stop • Peanut roll

GYMSKILLS

Levels Program



	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8
FLOOR	<ul style="list-style-type: none"> • Tuck to handstand • Cartwheel step-in • Bridge kick-over from floor • Forward roll, bunny hop 	<ul style="list-style-type: none"> • Straddle to handstand • Hurdle, cartwheel, cartwheel step-in • Forward limber up wedge (handstand to bridge) • Chasse split leap 	<ul style="list-style-type: none"> • Handstand pop • Round off to knees over cylinder • Tick tock (box or wedge assistance allowed) • Punch jump dive roll up onto wedge on box 	<ul style="list-style-type: none"> • Handstand Walking • Hurdle roundoff • Walkover (forward or backward) • Punch front sault to sit on box
BARS	<ul style="list-style-type: none"> • Straddle glide swing • Jump to straddle swing (taco) • Underswing • Pullover 	<ul style="list-style-type: none"> • Climb onto low bar, jump to high bar, knee swing, dismount at back • Jump to straddle, toe shoot over cylinder • Cast, back hip circle • 3 long swings (high bar) 	<ul style="list-style-type: none"> • Cast, 2 feet on bar (tuck or straddle), jump forward to box. • Cast, straddle toe shoot • Back hip circle, underswing • Long swing half turn dismount 	<ul style="list-style-type: none"> • Cast, 2 feet on bar, jump to high bar, long swing, dismount at back • Cast away long swing • Long swing pullover • Back hip circle, immediate toe shoot
BEAM	<ul style="list-style-type: none"> • Momentary handstand (feet joined) to lunge • Cartwheel to land on box at end of beam • Split jump • Half turn on 1 foot 	<ul style="list-style-type: none"> • Pike or straddle hold (5 seconds) • Round off dismount • Split jump, tuck jump connection • Half & half turn. • Half turn on 1 foot, immediate releve turn 	<ul style="list-style-type: none"> • Mount; jump onto end of beam (from spring board) • Cartwheel • Split leap • Full turn on one foot 	<ul style="list-style-type: none"> • Mount; jump through to pike • Cartwheel to handstand side dismount • Wolf jump • Jump half turn
TUMBLE	<ul style="list-style-type: none"> • Snap down • Jump to handstand on height, flat back • Handstand flat-back • Dive roll down wedge 	<ul style="list-style-type: none"> • Round off from height • Front handspring flat-back onto 60cm height • Jump to sit, backward roll down wedge • Rocket jumps, dive roll. 	<ul style="list-style-type: none"> • Round off • Handspring over height • Handstand against wall, fall to hollow shape • Front sault to sit on height 	<ul style="list-style-type: none"> • Round off push-back • Flyspring • Back handspring over flipper to hollow shape • Front sault to mat

TUMBLESKILLS

Levels Program



	LEVEL 1	LEVEL 2	LEVEL 3
FLOOR	<ul style="list-style-type: none"> • Handstand to lunge • Cartwheel to lunge • Forward roll, straight jump • Backward roll to tuck down wedge 	<ul style="list-style-type: none"> • Handstand flatback • Hurdle cartwheel x 2 • Punch jump to height • Backward roll to tuck 	<ul style="list-style-type: none"> • Handstand forward roll • Round off to knees • Punch jump, dive roll down wedge • Handstand to bridge
TUMBLE TRAMP	<ul style="list-style-type: none"> • Straight, tuck, pike, half turn, stop • Front support bounces • Jump full turn • Back bouncing 	<ul style="list-style-type: none"> • Peanut roll • Donkey kicks • Round off to mat • Backover 	<ul style="list-style-type: none"> • Dive roll down wedge • Jump to handstand on height, flat back • Round off rebound • Jump to sit, backroll down wedge
	LEVEL 4	LEVEL 5	LEVEL 6
FLOOR	<ul style="list-style-type: none"> • Handstand pop • Round off from height, push back • Punch jump, front sault to sit on wedge • Bridge kick over 	<ul style="list-style-type: none"> • Handspring flatback from mini tramp • Round off rebound • Front sault to feet from mini tramp • H/S snap to mini tramp, jump to sit, back roll down wedge 	<ul style="list-style-type: none"> • 3/4 layout from mini tramp • Round off, push back • Punch front to crash mat • Aerial from height
TUMBLE TRAMP	<ul style="list-style-type: none"> • Front sault to sit on wedge • Handspring flatback to height • Round off push back • Back sault over wedge & trap box 	<ul style="list-style-type: none"> • Front sault to feet • Handspring over height • Back handspring to front support • Back sault with assistance 	<ul style="list-style-type: none"> • Front 3/4 layout to height • Flyspring on tramp • Back handspring on tramp • Back sault