



# Boys Beginner Gymnastics Skill Tracking Booklet



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**Student Name**

**Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.**

**Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.**

**Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!**



# Floor

**Tuck Jump**

**Straight Jump**

**Forward Roll**

**Backward Roll to Push Up**

**L-Kick**

**Cartwheel**

**Headstand**

**Cartwheel Step-In**



# Mushroom/Pommel

**Plank (All Sides)**

**Walk Around**

**Hops Around**

**1/4 Circle**

**1/2 Circle**

**Front Swing**

**Rear Swing**

**Beg. Leg Cut Sequence**



# Rings

**1 Chin Up (3 Seconds)**

**Tuck-Hold (3 seconds)**

**3 Swings**

**Swing to Inverted (Spotted)**

**Skin The Cat to Stick**



# Vault

**Step- Hurdle - Jump**

**Tuck Jump**

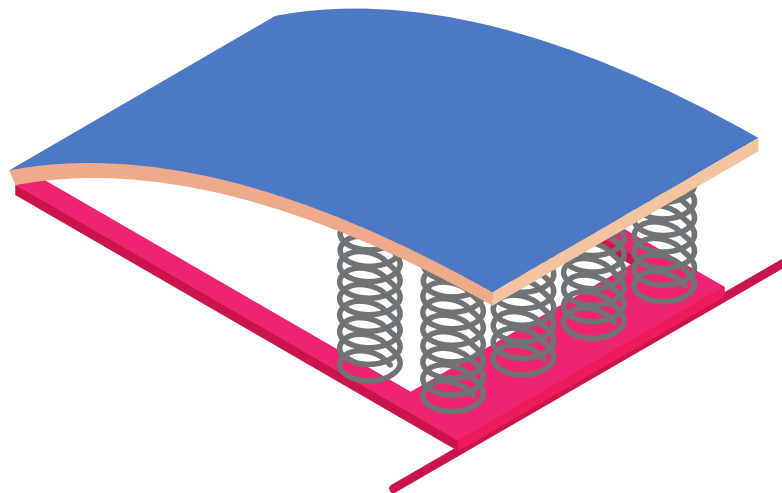
**Straight Jump**

**Donkey Kicks (straight legs)**

**1/2 Turn**

**Squat On**

**Bounce to Handstand**



# Paralell Bars

**Bear Crawl**

**Crab Walk**

**3 Swings**

**3 Swings, Push to Stick**

**Tuck Hold**

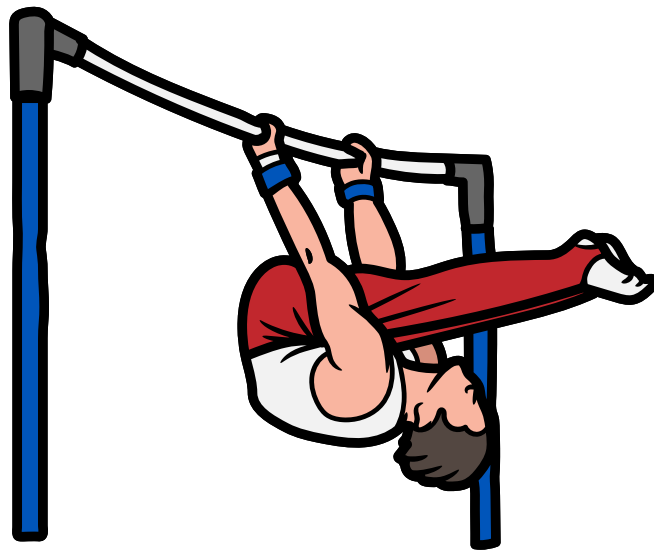
**Straddle L-Seat**

**Straddle L-Hold (2 Seconds)**



# High & Low Bar

- 3X Casts to Stick**
- Chin Hold (3 seconds)**
- Tuck Swings**
- Skin the Cat**
- Forward Roll**
- Strongman Walk**
- Chin Up Pullover (barrell)**





# **Disclaimer:**

**This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.**

**Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.**

**If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.**