CLUB CHAMPS

You'll find your Club Champs routines on the coloured page that matches your current level. Feel free to practise your routines at home as much as you like, but it's absolutely not required, as we'll be learning these in class! If there are any skills you need help with, we'll continue to work on them during class.

If you choose to practise at home, only work on skills you can safely execute without spotting or assistance. Make sure you're in a safe environment with appropriate space, surfaces and equipment for practising these skills.

WHITE LEVEL ROUTINES

VAULT

- Forward Landing from 2ft x1
- Backward Landing from 2ft x1
- Bunny Hops on Beat Board x3

BARS

LOW BAR

- 3s Tuck Hang on Low Bar
- Roll Over

HIGH BAR

- Land Safely from High Bar

BEAM

HIGH BEAM

- Walk Forward, Safe Landing

LOW BEAM

- Walk Backward 1/2 Lap
- 1/2 Turn on Two Feet
- Walk Forward 1/2 Lap

FLOOR

- Cartwheel over Block
- Front Roll on Wedge
- Skipping x3
- Back Roll Down Wedge
- Tuck Handstand on Box 3s
- Crab Walk x4 steps
- Back Support 3s into Plank 3s
- Bridge with Feet on 1ft

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YELLOW LEVEL ROUTINES

VAULT

- Box, Spring Board to Box, Jump off to Safe Landing x2

BARS

LOW BAR

- x5 Tuck Swings with Re-Grip on Low Bar
- Roll Over to Tuck Hang

HIGH BAR

- Land Safely from High Bar

BEAM

- x4 Step Kicks Forward
- 1/2 Turn on Two Feet
- Walk Backward, Safe Landing

LOW BEAM

- In Releve, Walk Forward ½ Lap
- Rocket Jump

FLOOR

- Cartwheel
- Back Roll
- V-Sit
- Front Roll
- L-Handstand
- Split Jump to 90°
- Bridge
- Seal Work x4 Steps

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ORANGE LEVEL ROUTINES

VAULT

- Run Punch Jump to 2ft x 2

BARS

LOW BAR

- Pullover from Box
- x3 Casts
- Roll Over to Tuck Hang

HIGH BAR

- x3 Long Swings

BEAM

HIGH BEAM

- Step Kick (x2 Forward, x2 Side)
- ½ Turn on Two Feet, Walk Backward in Releve
- Run Punch Jump to Safe Landing

LOW BEAM

- Rocket OR Tuck Jump
- L Handstand

FLOOR

- Bridge Kickover from Feet on 1ft
- 3 Cartwheel Series
- Handstand
- Back Roll to Pike Stand
- Front Straddle Roll
- Flat Straddle
- Arch 5s Roll to Dish 5s
- Chasse Step Chasse

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BLUE LEVEL ROUTINES

VAULT

- Dive Roll to 2ft x2

BARS

LOW BAR

- Pullover
- x3 Casts
- Forward roll to L hang

HIGH BAR

- x3 Long Swings

BEAM

HIGH BEAM

- Step Kick (x2 Forward x2 Backward)
- Passe ½ Turn, ½ Turn on Two Feet
- Rocket Jump
- Run Punch Jump to Safe Landing

LOW BEAM

- Handstand
- Split Jump OR Split Leap 135°

FLOOR

- Front Handspring over Barrel
- Chasse Split Leap to 135°
- Cartwheel Step In, Pike Backward Roll
- Arch 5s Roll to Dish 5s
- Handstand Forward Roll
- Bridge Kickover
- Round-off from 1ft

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PINK LEVEL ROUTINES

VAULT

- Front Handspring Flatback to 3ft x2

BARS

LOW BAR

- x3 Glide Swings on Low Bar
- Pullover
- Back Hip Circle

HIGH BAR

- x3 Long Swings

BEAM

HIGH BEAM

- Step Kick (x2 Forward, x2 Side and x2 Backward)
- Passe ½ Turn
- Split Jump OR Split Leap 135°
- Any Dismount

LOW BEAM

- Handstand
- Cartwheel

FLOOR

- Round-off Rebound
- 3s Handstand Hold
- 1/1 Turn on Single Foot
- Any Split
- Back Walkover
- Split Jump OR Split Leap 135°
- Front Handspring Stepout
- Back Roll to Plank

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GREEN LEVEL ROUTINES

VAULT

- Front Tuck to 2ft-3ft x2

BARS

LOW BAR

- Pullover
- Cast to Horizontal
- Back Hip Circle

HIGH BAR

- Long Swing Pullover
- Toe Shoot

BEAM

HIGH BEAM

- Split Leap OR Split Jump
- Cartwheel
- x2 Needle Kicks
- Passe ½ Turn, Passe ½ Turn
- Handstand
- Any Dismount

FLOOR

- Punch Front Tuck
- Chasse Split Leap to 180°
- Back Roll to Handstand
- Handstand Step In Back Handspring Step Out
- Front Handspring
- 5s Straddle Support
- Front Walkover

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PURPLE LEVEL ROUTINES

VAULT

- Front Layout to 1ft x2

BARS

LOW BAR

- Pullover
- Back Hip Circle
- Squat On Safely Jump to Floor

HIGH BAR

- Swing Pullover Underswing Dismount

BEAM

HIGH BEAM

- Split Jump OR Split Leap
- Cartwheel
- Handstand
- Run Punch Front Tuck Dismount

LOW BEAM

- Any Walkover
- 1/1 on Single Foot

FLOOR

- Any Aerial OR Standing Backsault from Spring Board to 1ft Mat
- Side Leap
- Handstand 1/1 Turn
- Any 2 Splits OR 5s Pike Hold
- Front Handspring Stepout Front Handspring
- Any Walkover
- 2 Back Handspring Stepout Series
- Round-off Back Handspring

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BLACK LEVEL ROUTINES

VAULT

- Handspring over Vault x2

BARS

LOW BAR

- Glide Kip
- Back Hip Circle
- Squat On Safely Jump to Floor
-

HIGH BAR

- Long Kip OR Swing Pullover
- Flyaway

BEAM

HIGH BEAM

- Split Jump OR Split Leap
- Handstand
- Cartwheel
- Any Walkover
- 1/1 Turn on Single Foot
- Any Dismount

FLOOR

- Front Handspring Front Tuck
- All Splits OR 5s Handstand Lower to 3s Straddle Hold
- 5s Handstand Hold
- Acro Series (e.g. Walkover, Back Handspring
- Any Aerial OR Standing Back Tuck
- Round-off Back Handspring Back Tuck
- Punch Front Layout
- Switch Leap to 180°, Split Leap 180°

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