

Name of Shadow: _____

Name of Lead Coach: _____

TG1 Terminology List

Events:

Vault

Bars

Beam

Floor

Dance:

Passe

Releve

Pivot Turn

Heel snap turn

Arabesque/ Scale

Splits

Shapes:

Candlestick

Pike

Tuck

Lunge

Straddle

Lever

Hurdle

Coil Shape

Handstand

I body

Shadow must be able to identify or verbally explain each of these skills. Please put a check mark next to the skills discussed. Please feel free to add to the list if you feel it would be beneficial. This list must be completed by the end of shadowing. Keep this sheet with your packet so you can review it every week.

Note: gymnasts should not be attempting skills outside their skill level. Beams must not be higher than chest high.

Bars:

Squat on

Shimmy

Back hip Circle

Dismount

Mount

Glide

Pullover

Front Support

Beam:

Inch Worm

Dismount

Mount

Vault:

Arm circle

Lunge handstand flat back

Board Drill

Floor:

Cartwheel Step in

Roundoff

Bridge

Bridge Kickover

Cartwheel

