

# NEW Progressive Recreational Gymnastics Program

## White Ribbon

### Vault

Proper hurdle approach  
Straight jump to pit mat

### Bars

Pullover mount  
3 cast push away

### Beam

Passé walks  
Tuck sit-v-sit-scale  
Straight jump  
Lever to lunge

### Floor

Forward roll  
Backward roll  
Cartwheel  
Handstand

### Strength

¼ Rope climb  
10 second hollow hold

## Red Ribbon

(All white skills plus)

### Vault

Forward roll to layout shape  
Proper stick/stretch landing off table

### Bars

Chin up pullover mount  
Cast back hip circle  
Sole circle dismount

### Beam

Pivot turn  
Relevé  
Cross handstand with spot  
Cartwheel handstand dismount

### Floor

Forward straddle press roll  
Handstand roll  
Round off to tuck-n-cover  
Bridge kick over on incline

### Strength

½ Rope climb  
3-10 second hollow hold  
5 Push ups

## Blue Ribbon

(All white/red skills plus)

### Vault

Handstand to flat back  
Handstand pop drill

### Bars

Glide swing  
Shoot thru  
Mill circle  
Under swing dismount

### Beam

Cross handstand  
Cartwheel handstand ¼ turn dismount

### Floor

Backward roll to push up  
Round off rebound  
Bridge kick over  
Back handspring spot

### Strength

Rope climb  
10 Hollow rockers  
7 Push ups

## Bronze

(All white/red/blue skills plus)

### Vault

Handstand on table to land  
Handspring on table

### Bars

Glide swing-pull over  
Horizontal cast back hip circle  
Glide kip  
Front Hip  
Squat on

### Beam

Passé turn  
120 Leap  
Cartwheel  
Round off dismount

### Floor

Back extension roll  
Back walkover  
Back handspring  
Round off handspring

### Strength

20 Hollow rockers  
10 Push ups  
3 Chin ups