



Australian Women's Levels Program



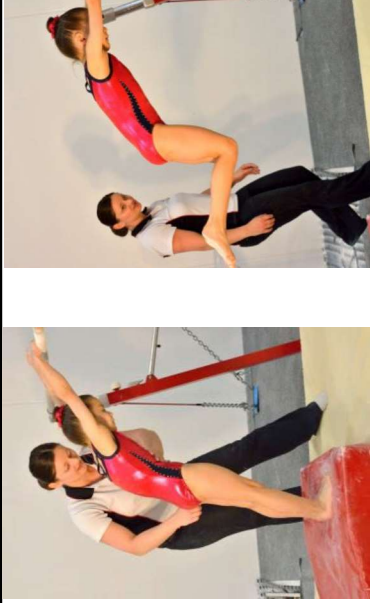

Foundation Levels Level 1 Vault

Element	Images	Technical Description
<p>Skill 1</p> <p>From standing on 60cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.</p>		<p>Step down to the board should be fast and flat joining the feet together at approximately 20cm from the front of the board.</p> <p>At take-off the feet, hips and shoulders are aligned straight.</p> <p>Strong rebound on the board with the legs.</p> <p>Upper body remains vertical throughout.</p> <p>Tight body in the air.</p> <p>The landing needs to be with control, the emphasis is on the take-off and the jump.</p>
<p>Skill 2</p> <p>Accelerating sprint 15–20m (this distance is a guide and can be adjusted to suit the space in the gym). This can be on a vault strip, carpeted area or outside on a suitable surface.</p>		<p>Run should accelerate and only decelerate after passing the end line.</p> <p>Run should be smooth with quick cadence and fast reaction off floor.</p> <p>Arm movement should be co-ordinated with the legs.</p> <p>Arms should move in a forward and backward direction.</p> <p>Knees should lift high on each step.</p> <p>Right angle' posture – lift the elbows and knees.</p>



Australian Women's Levels Program



Foundation Levels Level 1 Uneven Bars

Element	Images	Technical Description
<p>Skill 1</p> <p>Grasp LB, hold dish shape for 2 seconds, bent knee swing x 2 with re-grasp (start can be from the floor or board or 20cm padded box)</p>		<p>Stand on box with shoulders no higher than LB height, grasp LB.</p> <p>Hold body in dish shape for minimum 2 seconds with chest in.</p> <p>Lift or jump feet to bend knees keeping hips open to swing x 2.</p> <p>Swing with straight arms and long hang with open shoulders and head neutral.</p> <p>Tapping action to be performed under the bar.</p> <p>Re-grasp at peak of back swing.</p> <p>Extend legs to stand on floor and release bar at peak of second back swing.</p>
<p>Skill 2</p> <p>Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)</p>		<p>Stand on box with shoulders no higher than the height of the LB.</p> <p>With hands in top grip push down on the bar at the same time as the feet jump off the box to lift hips to the bar.</p> <p>Arms should remain straight throughout.</p> <p>The body lifts to front support position and maintains a dish body shape throughout.</p>


Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 3</p> <p>Casts x 2 in series (hips off bar in casts)</p>		<p>Legs move forwards into a cast to minimum hips off the bar.</p> <p>A concave (dish) shape must be shown clearly on the cast with the chest/upper back</p> <p>The hips must remain straight/open.</p> <p>Arms straight and body tight.</p>
<p>Skill 4</p> <p>Roll forward through controlled tuck hang to stand</p>		<p>A slow controlled roll action is required with hands rotating around the bar.</p> <p>Move through long hang position with straight arms and head neutral.</p> <p>The legs start in stretched position and tuck with knees to chest when long hang position is reached.</p> <p>Extend legs to stand on floor.</p>

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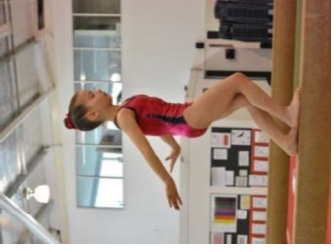

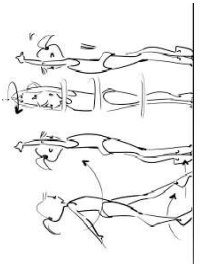


Foundation Levels Level 1 Beam

Element	Images	Technical Description
<p>Skill 1</p> <p>Jump to front support, lift leg over to straddle sit</p>	 	<p>With hands on top of beam push down on the beam at the same time as the feet jump off the box to lift hips to the beam.</p> <p>Arms should remain straight throughout.</p> <p>The body lifts to front support position and maintains a dish body shape throughout.</p> <p>Lift one leg up and over the beam with ¼ turn to straddle sit.</p> <p>Arms and legs remain straight in the leg lift to straddle sit.</p>
<p>Skill 2</p> <p>Kneel on one knee, free leg lift to horizontal and stand</p>	 	<p>Arms remain straight during hand support.</p> <p>From straddle sit, swing legs backward to kneel on one knee.</p> <p>Torso vertical and head neutral.</p> <p>Lift free leg to horizontal, then bend leg to stand.</p>

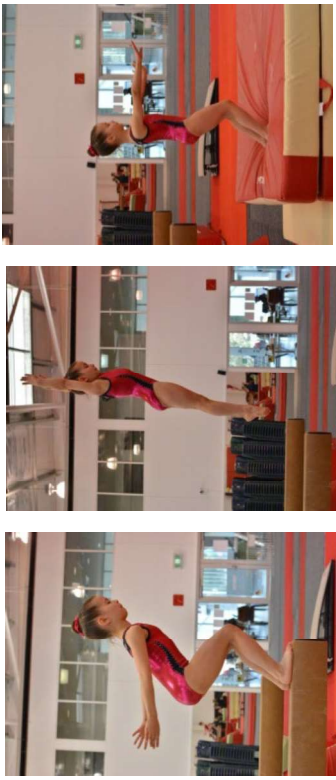
Australian Women's Levels Program



Element	Images	Technical Description
<p>Skill 3 4 x walk forwards (point step weight transfer)</p>		<p>Walk with upright posture, eyes looking forward along beam.</p> <p>Point one foot forward to touch the beam surface.</p> <p>Then place this foot on the beam to step forward.</p> <p>Arms should show a co-ordinated action in time with the steps or remain in side horizontal position.</p> <p>Repeat x 3.</p>
<p>Skill 4 Straight jump drill</p>	 	<p>Stand with feet along beam, one foot slightly in front and arms forward horizontal.</p> <p>Swing arms down and backward behind hips while bending knees.</p> <p>Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to releve.</p> <p>Tight upper body that remains vertical throughout.</p> <p>Return arms to forward horizontal as knee, hip and ankle joints flex.</p>
<p>Skill 5 Half turn on 2 feet</p>	 	<p>Rise strongly on both feet and hold in releve.</p> <p>Pivot 180° on two feet in releve with all body parts turning together.</p> <p>Hold releve position.</p>

Australian Women's Levels Program



Element	Images	Technical Description
<p>Skill 6</p> <p>Straight jump dismount from end of beam (landing surface must be no greater than 30cm below the height of beam)</p>		<p>Stand with feet along beam, one foot slightly in front and arms forward horizontal.</p> <p>Swing arms down and backward behind hips while bending knees.</p> <p>Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to jump upward and slightly forward.</p> <p>Tight upper body that remains vertical throughout.</p> <p>Arms return to forward horizontal as knee, hip and ankle joints flex on landing.</p> <p>The landing needs to be with control, the emphasis is on the take-off and the jump.</p>

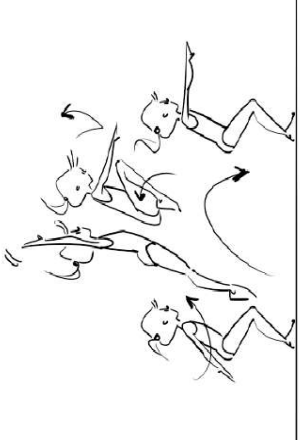

Australian Women's Levels Program



Foundation Levels Level 1 Floor

Element	Images	Technical Description
<p>Skill 1 Handstand ('L' handstand), minimum requirement one leg to vertical, 2nd leg to horizontal</p>		<p>Begin with correct standing posture with arms vertical with preferred foot pointed forward.</p> <p>Step onto preferred foot and place hands on floor shoulder-width apart.</p> <p>A straight body line position from hands, shoulders, hips and back foot must be maintained throughout. Head remains neutral.</p> <p>Lift one leg to vertical and second leg to horizontal or higher.</p>
<p>Skill 2 Tuck forward roll</p>		<p>In handstand position eyes focus on hands and legs remain straight.</p> <p>Return to lunge position on the front leg with arms lifting from the floor to forward horizontal.</p> <p>Squat and place hands flat on floor approximately shoulder-width apart.</p> <p>Tuck head and roll forward with control.</p> <p>Straight legs move through a pike position to a compact tuck position during the roll.</p> <p>On completion of roll, stand without the aid of hands pushing off the floor.</p> <p>Arms continue forward and up to vertical and present in straight standing position at the completion of the roll.</p>

Australian Women's Levels Program

Element	Images	Technical Description
<p>Skill 3 Tuck jump</p>		<p>Stand with feet together and arms forward horizontal.</p> <p>Swing arms down and backward behind hips while bending knees.</p> <p>Dynamically lift arms to vertical at same time as knee, hip and ankle joints extend and straighten to lift to jump.</p> <p>At height of the jump, knees lift to tuck position with body upright.</p> <p>After peak of jump legs extend and return to floor with flexion at ankle, knee and hip, to land with control. Arms finish at forward horizontal.</p>
<p>Skill 4 Step into straight jump, immediate rebound into straight jump</p>		<p>Step forward to join feet together with hands on hips.</p> <p>Bend knees and then dynamically extend legs through hips, knees and ankles and jump upward.</p> <p>Upper body remains vertical throughout.</p> <p>Tight body in the air.</p> <p>On landing, strong rebound on the floor with the legs. The contact on the floor is a plyometric contraction with a rebound jump.</p> <p>Hands remain on hips throughout.</p> <p>The landing needs to be with control, the emphasis is on the take-off and the jump.</p>

Australian Women's Levels Program



Element	Images	Technical Description
<p>Skill 5 Angry cat, jump to front support, turn to rear support, sit in L, touch toes and return to L, lie down, bent knee dish hold, roll over and push up to arch position</p>		<p>From a position on hands and knees, contract to angry cat position. Jump feet backward to show front support. Arms straight and hands under shoulders. Head neutral. In one movement, turn 180° to show rear support. Hips remain in line with shoulders and toes. Sit with straight legs and trunk and arms vertical (L sit). Reach forward to compressed pike position. Return to L sit. Lower to floor, rolling lower back before shoulders. Slightly raise feet from floor, bend knees and contract body to dish position. Hold momentarily with arms forward along sides. Return to floor with arms above head. Roll over. Bend arms and place hands flat on floor close to shoulders. Push on hands and lift upper body into arch position. Passé steps are performed with hip and knee flexed forwards and free pointed toe placed on medial condyle of support leg. Step, lift free leg to forward passé. Repeat on the other leg. Arms optional.</p>
<p>Skill 6 2 x passé steps on each leg</p>		<p>Push on hands and lift upper body into arch position. Passé steps are performed with hip and knee flexed forwards and free pointed toe placed on medial condyle of support leg. Step, lift free leg to forward passé. Repeat on the other leg. Arms optional.</p>