



## GSA Development Conference: RG Forum

Sunday 24<sup>th</sup> January 2016

### How to interpret the Australian Levels Program to best develop our SA gymnasts.

Level 3		
ROPE	<b>Leap 1 – chasse forward with figures of 8, tuck jump through the open rope</b>	<ul style="list-style-type: none"> <li>• Wrists together in chassé preparation</li> <li>• Arms extended with straight elbows during the chassé preparation</li> </ul>
	<b>Balance 1 – Vertical/horizontal release and catch of rope with passé balance on toes</b>	<ul style="list-style-type: none"> <li>• Rope <u>cannot</u> start from the floor.</li> <li>• Knots in 2 hands to start.</li> <li>• Can release, then catch in Passé balance on toes or perform whole release while in the passé balance position.</li> </ul>
	<b>Balance 2 – Leg Below horizontal (any direction) on flat foot with figures of eight</b>	<ul style="list-style-type: none"> <li>• Leg can be either front/side/back.</li> <li>• Figure of 8 must be rotation of the shoulders/movement of arms.</li> <li>• Wrists apart/arms must cross.</li> </ul>
	<b>Rotation 1 – 180degree attitude pivot with open rope held in each hand</b>	<ul style="list-style-type: none"> <li>• Rope is held in a static “U” shape.</li> </ul>
	<b>Rotation 2 – Fully open and outstretched rope balanced on the neck whilst turning on toes</b>	<ul style="list-style-type: none"> <li>• Open rope – supposed to be balanced on neck.</li> <li>• Arms to support the rope only during the start of the movement (arms down during turn).</li> </ul>
HOOP	<b>Leap 1 – Vertical Jump with 180degree rotation with large circle</b>	<ul style="list-style-type: none"> <li>• Has to be full 360° rotation of hoop, i.e. horizontal rotation around the head.</li> </ul>
	<b>Leap 2** - (NPH) Swing to frontal rotations (two hands) with side chassé, swing out</b>	<ul style="list-style-type: none"> <li>• Make sure to swing the hoop. C</li> <li>• Hoop must complete at least 1 rotation on the hands.</li> <li>• Start with stretched/extended arm to the side to demonstrate arm swing in</li> </ul>
	<b>Balance 1 – Retro roll with passé on toes</b>	<ul style="list-style-type: none"> <li>• Retro-roll must be at least 1 metre distance.</li> <li>• Can roll and then catch on toe in balance.</li> </ul>
	<b>Rotation 1 – Chanié turn with overhead rotations</b>	<ul style="list-style-type: none"> <li>• Rotations with 1 arm stretched above head.</li> <li>• Fingers together</li> </ul>



<b>BALL</b>	<b>Leap 1 – Throw in a chassé, catch in a cat leap</b>	<ul style="list-style-type: none"> <li>Catch in 2 hands permitted.</li> </ul>
	<b>Leap 2 – Side chassé left and right with bounce in each chassé</b>	<ul style="list-style-type: none"> <li>Bounce with one hand preferred (to get 0.5 for the difficulty).</li> </ul>
	<b>Balance 2 – Passé on toes with small toss under the arm to catch</b>	<ul style="list-style-type: none"> <li>Toss under arm,</li> <li>Catch in 1 hand</li> </ul>
<b>CLUBS</b>	<b>Leap 1 – Vertical jump, leg in passé with hand circles</b>	<ul style="list-style-type: none"> <li>Minimum 2 circles.</li> <li>Clubs held one in each hand</li> </ul>
	<b>Leap 2 – Star Jump one club in each hand, swing arms overhead</b>	<ul style="list-style-type: none"> <li>Cross over arms in front.</li> </ul>
	<b>Balance 1 – Leg below horizontal (front) on toes with asymmetric handling</b>	<ul style="list-style-type: none"> <li>Asymmetric = two different things, not two different directions (modification from upper level requirements)</li> </ul>
	<b>Rotation 1 – Figures of eight both clubs in one hand, while turning on toes</b>	<ul style="list-style-type: none"> <li>Figures of eight = big small, big small. Horizontal planing is easier.</li> <li>This is a chaîné turn progression, so can take small steps but still must be a quick turn.</li> <li>Gymnast to show open shoulder rotation during the large circle of the figure of 8.</li> </ul>
<b>RIBBON</b>	<b>Leap 1 – Vertical jump leg at horizontal (front or back) with overhead circle</b>	<ul style="list-style-type: none"> <li>Circle from shoulder (don't circle with wrist).</li> </ul>
	<b>Leap 2 – Scissor leap, legs below horizontal (front), with snakes</b>	<ul style="list-style-type: none"> <li>Snakes overhead to down in front is ideal – to teach the gymnasts proper and correct technique.</li> </ul>
	<b>Balance 2 – Small horizontal circles while balanced on toes (two feet)</b>	<ul style="list-style-type: none"> <li>Figure of eight with ribbon = big, small movement. Full wave of the body.</li> <li>Use of the shoulder</li> </ul>
<b>*NPH</b>		Idea – go both ways to demonstrate ability to use both preferred and non-preferred hand.



<b>Level 4</b>		
<b>FREE</b>	<b>Rotation 2 – Preparation for illusion (kick to split, bend forward, half turn finish on toes)</b>	<ul style="list-style-type: none"> <li>(Preparation for illusion): full illusion permitted. Encouraged to do the full rotation.</li> </ul>
<b>ROPE</b>	<b>Balance 1 – Body wave, figure of eight of rope held at each end, on the vertical plane</b>	<ul style="list-style-type: none"> <li>Body wave: ample body movement of arms. Hands apart.</li> </ul>
	<b>Balance 2 – Arabesque on flat foot with release of the rope</b>	<ul style="list-style-type: none"> <li>Release of the rope: start with knots in both hands.</li> </ul>
<b>HOOP</b>	<b>Leap 1 – Cat Leap with 180degree body rotation, passing through hoop</b>	<ul style="list-style-type: none"> <li>Turning skip is ideal, but can just pass through (i.e. push hoop up/down as leap).</li> <li>Lots of possible variations with this element.</li> </ul>
	<b>Balance 1 – Leg at horizontal (side) on flat foot with small toss of hoop</b>	<ul style="list-style-type: none"> <li>Only half toss of the hoop (on axis) is required.</li> </ul>
<b>BALL</b>	<b>Leap 1 – Vertical jump, leg in passé with 180degree body rotation, passing through hoop</b>	<ul style="list-style-type: none"> <li>**All passing of the ball needs to be behind the back (across all levels).</li> </ul>
	<b>Leap 2 – Cossack with small throw</b>	<ul style="list-style-type: none"> <li>Medium throw must be above the head.</li> </ul>
	<b>Balance 1 – Arabesque leg below horizontal, on toes with small rolls on the arms</b>	<ul style="list-style-type: none"> <li>Small roll = only needs to be a free roll on 1 body part, i.e. can just be unassisted roll up/down arms.</li> </ul>
	<b>Rotation 1 – Front split with half side roll and roll of the ball on floor</b>	<ul style="list-style-type: none"> <li>Can start split roll from lying on the front or back.</li> </ul>
<b>CLUBS</b>	<b>Leap 1 – Vertical jump, leg at horizontal (front or back) with asymmetric handling</b>	<ul style="list-style-type: none"> <li>Asymmetric = two different things, not two different planes.</li> </ul>
	<b>Balance 2 – Cossack with small vertical circles</b>	<ul style="list-style-type: none"> <li>Minimum 3 small circles required.</li> </ul>
	<b>Rotation 2 – 360degree reverse passé with tapping</b>	<ul style="list-style-type: none"> <li>Side Passé position, turned out (as preparation for fouettés).</li> </ul>
<b>RIBBON</b>	<b>Leap 2 – Vertical jump, leg in passé with échappé (toss)</b>	Echappé has to keep moving (doesn't actually have to leave the floor, as long as the ribbon does not stop). Can do a "flick" across the front.

<b>Level 5 + Level 6</b>	
<b>2 THROWS</b>	Varied techniques of throwing must be displayed if choosing to perform 2 throws.