

25 Gymnastics Skills that You Should Master

(Basic to Advanced Level)

This checklist will help you keep track of your progress. You should take your time learning some of these borderline gymnastics skills because they are taught at the beginning. Then move towards the basic level if you want to progress to the highest or advanced gymnastics level. You'll need to master these techniques to gradually moving towards advanced aerobics.

| No. | Gymnastics Skills | Basic | Can Do Well | Mastered |
|---------------------------------------------|-----------------------|-------|-------------|----------|
| Building Blocks of Gymnastics Skills | | | | |
| 1 | Hop: | | | |
| 2 | Straddle Sit: | | | |
| 3 | Multiple Jumps: | | | |
| 4 | Standing on one foot: | | | |
| 5 | Half-Turn Jump: | | | |
| 6 | Tuck Jump: | | | |
| 7 | Log Roll: | | | |
| 8 | Bridge: | | | |
| 9 | Tripod: | | | |
| 10 | Forward Roll: | | | |

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|-----------------------------------|------------------------------|--|--|--|
| 11 | Backward Roll: | | | |
| Basic Gymnastics Skills | | | | |
| 1 | Handstand: | | | |
| 2 | Cartwheel and Round-off: | | | |
| 3 | Splits: | | | |
| 4 | Turn on One Foot: | | | |
| 5 | Front and Back Handspring: | | | |
| 6 | Cast: | | | |
| Advanced Gymnastics Skills | | | | |
| 1 | Advanced Tumbling: | | | |
| 2 | Release and Re-grasp: | | | |
| 3 | Acrobatic Beam Combinations: | | | |
| 4 | Precision Vaulting: | | | |
| 5 | Twisting Beam Dismounts: | | | |
| 6 | Intricate Floor Routines: | | | |