

Deerness Valley Advanced Section

This category has been designed to test the individual skills of competitive club gymnasts.

Pedestals have been included in the routine as a preparation test for sports acrobats. Gymnasts may use their own sets if they want to. Those gymnasts who do not train on pedestals but wish to enter this section may perform the straddle lever up to handstand and then back down to straddle hold, on the floor.

Levers, balances and stands should be held in a static position for 2 seconds.

Flexibility moves eg splits, lumbar fold and hair pin should show maximum range of movement.

Gymnasts should perform with maximum amplitude throughout the exercise and with continuity and flow.

START

hold

hold

DeernessValley HPC
Advanced Set 1 (With Pedestals)

1.Straddle hold

press to hand stand

straddle down

2. round off

flic

step half turn

hold

6. Cat leap 360 turn

5. needle scale

4.one arm forward walk over

step half turn

3.backward roll to handstand

hold

7.Back walkover to box splits, 8.forward splits first leg turn to box to forward splits second leg. Join legs, push to front support 9. Lumbar fold

12. Hair pin chest balance

11. Flic to knee

10. cartwheel

hold

FINISH

DeernessValley HPC Advanced Set 2 (With Pedestals)

START

hold

hold

hold

1. Straddle, press to hand stand

straddle down

2. round off

flick, tuck salto

step half turn

6. Ring jump/ leap

5. turn to needle scale

4. free cartwheel

step half turn

3. backward roll to handstand

Box

First leg

Second leg

7. Back walkover to handstand to box splits, 8. forward splits first leg turn through box to forward splits second leg. Join legs at back push to front support, jump to crouch, 9. lumbar fold

13. Hair pin chest balance

hold

12. flic to knee

11. flic to walk out

10. cartwheel

FINISH