

TEIGN VIEW ROUTINES 2010

2006 + 2005 BORN GYMNSTS

Vault –

Run up, Star jump from springboard on to mat

Bench –

Walk to middle of bench on toes

½ turn on 2 feet

Balance on 1 leg

Walk backwards on toes to end of bench

Straight jump, tuck jump

Forward roll

Walk to end on toes

Star jump off to land

Floor –

Straight jump

Forward roll to finish in tuck sit

V Sit (hold 3 secs)

Sit in Straddle (hold 3 secs)

Sit in tuck and rock backwards and forwards to stand

Jump ½ turn

TEIGN VIEW ROUTINES 2010

2004 + 2003 BORN GYMNSTS

Vault –

Squat on to vault and tuck jump off (8.00)

Squat on to vault and jump ½ turn off (10.00)

Bench – High bench

Squat on

Straight jump, tuck jump

2 x catleaps

½ turn on 2 feet

Chassis

Balance on 1 leg (hold 5 secs)

Forward roll

½ spin on 1 foot

Step hops to end

Tuck jump off

Floor –

Straight jump

Forward roll to finish in tuck sit

V Sit (hold 3 secs)

Sit in Straddle (hold 3 secs)

Teddy bear roll

Sit in tuck and rock backwards and forwards to stand

Jump ½ turn

Forward roll to stand

TEIGN VIEW ROUTINES 2010

2002 + 2001 + 2000 BORN GYMNSTS

Vault –

Squat on to vault and jump ½ turn off (8.00)

Straddle over or through vault (10.00)

Beam – Low beam

Squat or straddle on

2 x walks with leg at hip height

Tuck jump, straight jump

2 x catleaps

½ turn on 2 feet

Chassis

Balance on 1 leg (5 secs)

Forward roll or cartwheel

½ spin

Skip to end

Cartwheel dismount

Floor –

Handstand forward roll

Forward roll to straddle stand

Sit back in to straddle and teddy roll

V sit (3 secs)

Sit in tuck and rock backwards and forwards to stand

Crouch down jump feet out to front support, back in to crouch and jump 2 stand up

Jump ½ turn

Backward roll

2 consecutive cartwheels

Forward roll

TEIGN VIEW ROUTINES 2010

1999 - 1995 BORN GYMNSTS

Vault –

Straddle over or through vault (8.00)

Handspring or headspring (10.00)

Beam – High beam

Squat or straddle on

Arabesque (3 secs)

Tuck jump, straight jump

Handstand forward roll, handstand or cartwheel

Walk on toes to end and ½ spin

2 x catleaps

2 x chassis

½ turn on 2 feet

Free forward roll

Handspring or round off dismount

Floor –

Forward roll

Jump ½ turn

Forward roll to straddle stand

Teddy Bear roll, lie down roll over and push up to front support

Jump feet in to crouch and jump 2 stand up

Handstand forward roll

1 handed cartwheel

Arabesque (3 secs)

2 consecutive cartwheels

Round off