



WAG WORKSHOP

July 2025



SECTIONS

Beginners -

Coach Level 1

Gymnasts Minimum Levels 10-9-8

Intermediate -

Coach Level 2

Gymnasts Minimum Level 7

Advanced -

Coach Level 3 & above

Gymnasts Minimum Level 6 & above



BARS

BEGINNERS

- **Shaping**
- **Casts**
- **Tuck on / Tuck on catch**
- **Back Hip Circles**
- **Upstart Floats**

INTERMEDIATE

- **Upstart**
- **Cast to Handstand**
- **Swings**
- **Giants**
- **Backaway Prep**

ADVANCED

- **Clear Hip**
- **Stalder Circle**
- **Toe-on**
- **Stoops**
- **Close Bar Elements**



VAULT

BEGINNER

- Running Drills
- Jumping
- Landing
- Tuck Fronts
- Flight Shaping
- Handstand Flat Lye
- Handspring

INTERMEDIATE

- Yurchenko Drills
- Yurchenko Preps
- Tsuk Drills
- Tsuk Preps

ADANCED

- Yurchenko (Hard Vault)
- Tsuk (Hard Vault)



BEAM

BEGINNER

- **Constructing beam routines**
- **Feet Positions**
- **Mounts**
- **Spins**
- **Leaps & Jumps**

INTERMEDIATE

- **Backward Walkover**
- **Cartwheel**
- **Flicks**
- **Acro Connections**
- **Cartwheel Dismount**

ADVANCED

- **Free Cartwheels**
- **Layouts**
- **Free Walkovers**
- **Tuck Backs**
- **Round Off Dismounts**



FLOOR

BEGINNER

- Round Off
- Round Off Flick
- Handspring to 1
- Handspring to 2
- Front Somi

INTERMEDIATE

- Handspring - Front Somi
- Straight Front
- Round Off Flick Series
- Back Somi
- Straight Back

ADVANCED

- Backward Twists
- Forward Twists
- Front Somi Walkout
- Double Back Progressions