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## Shine Power Freeze Routines 2023-2024

### **FLOOR**

#### **TODDLERS/LEVEL 1**

Salute judge  
Left foot kick  
Right foot kick  
Lay flat on back in pike position, up to sit position  
Candle stick shoot (hands on mat next to thighs) to stand  
Straight jump  
Forward roll  
Stand  
Straddle roll  
Hands on mat Jump feet together  
Tuck jump  
Lunge cartwheel lunge  
Turn  
Lunge cartwheel lunge  
Lay on belly Sugar bowl  
Salute Judge

#### **Level 2**

Salute judge  
Left foot kick  
Right foot kick  
Lay flat on back in pike position  
Bridge or tabletop (3 sec)  
Lay flat in pike position  
Candle stick shoot to stand  
Straight jump  
Tuck Jump  
Forward roll  
Stand  
Straddle roll  
Hands on mat Jump feet together  
Backward roll  
Lunge cartwheel lunge  
Turn  
Lunge cartwheel lunge  
 $\frac{3}{4}$  Handstand, step down  
Straddle jump  
Salute Judge

### **Level 3**

Salute judge  
Handstand into Backbend (bridge) hold 3 sec  
Lay flat into pike  
Candlestick shoot, Stand, Forward roll, Stand.  
Split jump  
Dive roll  
Straddle roll  
Stretch jump ½ turn  
Lunge 1 arm cartwheel, lunge, pivot turn  
Lunge cartwheel  
Backward pike roll  
Standing back bend(bridge) 1 leg up  
Lay flat into pike, log roll to stomach,  
Squat hop to feet  
Side split to finish.  
Salute judge

### **Level 4**

Salute judge  
Handstand into backbend kickover  
Split jump  
Dive roll  
Straddle roll  
Hands on mat, jump feet together  
Stretch jump ½ turn  
Lunge, 1 arm cartwheel, lunge  
Turn  
Lunge, 1 arm cartwheel, lunge, turn  
Backward pike roll, to pushup position  
Lay flat on belly in pike, log roll to back  
Candle Stick shoot to stand  
Handstand forward roll  
Jump tuck ½ turn  
Standing backbend kickover  
Standing round off rebound  
Tuck jump  
Side split  
Salute judge

### **Level 5**

Salute judge  
Back walkover, back walkover  
Split jump, Straight jump ½ turn  
Handstand forward roll  
Dive roll  
Jump tuck ½ turn  
Lunge, 1 arm cartwheel (or ariel), lunge pivot turn  
Lunge 1 arm cartwheel (or ariel) lunge  
Backward pike roll  
Running roundoff rebound, straddle jump  
Any split  
Salute judge

### **Advanced 1**

Salute judge  
1<sup>st</sup> Pass Running round off back handspring, back handspring  
Back extension  
Straddle jump  
2<sup>nd</sup> Pass Front walkover, Front walkover  
Running ariel  
Dive roll  
Straight jump ½ turn  
3<sup>rd</sup> Pass Running roundoff back tuck  
Back pike roll  
Back walkover  
Split Jump  
Salute Judge

### **VAULT**

#### **Toddlers (Level 1) 3 Panel Mats**

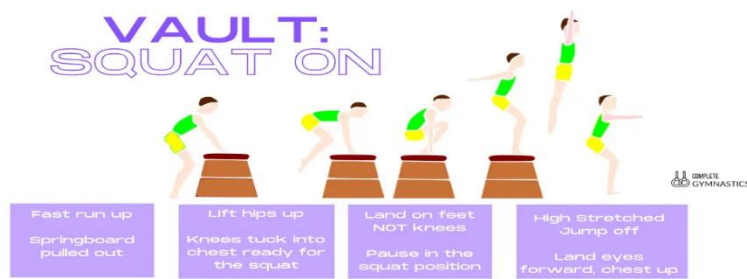
\*Squat On the legs will need to come up into a tuck shape and the feet should land on the top of the Vault/Matt. This is when we should see the Squat Shape (it looks like a crouch shape). The feet and knees should be together and land in between the hands. At this point, the gymnast should stop moving and make

sure they are on balance. They can then stand up into a stretched shape and jump from the Vault onto the landing mat. Gymnast should not land on knees.

Stand

Stick

Salute



## Level 2 3 Panel Mats

Straddle on Vault

The Straddle on Vault is very similar to the Squat On Vault. The gymnast needs to land and stop on top of the Vault but in a Standing Straddle shape rather than a squat shape.

Standing Straddle is feet apart (slightly more than shoulder-width) with hands in the middle of the feet. Legs should be straight, and knees pushed back. Once a gymnast lands in the Straddle position, they stand up and slide the feet together into a stretched shape. They can then jump off the Vault to the landing mat.

Stick

Salute

## Level 3

Run, punch, underarm lift to straight jump, handstand fall onto landing mat 24 ½ mat (inches)

Stand

Salute

## Level 4

Run, punch, underarm lift to handstand, straight fall on back to landing mat 24 ½ (inches) to 33 (inches)

Stand

Salute

## Level 5

Run, punch, front handspring, into standing position 24 ½ (inch mat)

Stand

Salute

## Advanced 1

Run, punch, ½ on 24 ½ (inch) mat

Stand

Salute

## BARS

**Toddlers (Level 1)**

Tuck Knee Hang (3 sec)

Stand

Sloth hang

Jump up on bar to

Front support

Cast off

Stick

Salute

**Level 2**

Jump up to Front Support

Cast off to a stand hands still on bar

Straddle hold (3 sec)

Walk up mat to kick over bar

Front support

Cast off

Stick

Salute

**Level 3**

Staddle hold

Stand

Kick over

Front support

Push up to Hollow 2 x (bars to knees)

Cast 2 times

Push away C Stop

Stick

Salute

**Level 4**

Straddle hold (3 sec) stand

Kick over

Front support

Push to a hollow 1 x (bars to knees)

Cast 2 x

Back hip circle

Cast

Push away to C stop

Stick

Salute

**Level 5**

Chin Hold (3 sec)

2 foot pull up

Front support

Cast

Back hip circle

Cast

Front hip circle

Cast

Undershoot

Stick

Salute

### **Advanced 1**

Glide Straddle

Pull over

Front support

1 leg over forward circle

Front support

Back hip circle

Front support

Cast

2 feet to bar

Jump to top bar

Kick over

Cast under shoot

Stick

Salute

## **BEAM**

### **Toddlers (level 1) Low floor beam**

Stand on salute

Tip toe to middle

Hop stop to end

1/2 turn to come back

Step kicks to middle

Stop bend down to touch beam with both hands, stand back up

Walk to end

Side dismount, jump off & stick it

### **Level 1**

Jump to front support mount

Walk to middle of beam

Arabesque

Forward leg swing (each leg)

Passe

1 knee to beam

Stretch Jump (Straight Jump)

Walk on tip toes to end

Side dismount,

Tuck jump dismount

Stick it

Salute

### **Level 2**

Jump to front support mount  
Tip toe walks to middle  
Arabesque  
Forward leg swings (each leg)  
Passe  
2 Hop Stops  
Stretch jump fish pose  
Cartwheel to side handstand dismount  
Stick it with hands still on the beam  
Salute

### **Level 3**

Jump to front support mount  
Tip toe walk  
Arabesque  
Stretch jump x2  
Scale  
Leap  
Passe Pose  
Hop Stop x2  
Backward step fish pose  
Cartwheel to side handstand dismount  
Stick Salute

### **Level 4**

Jump to front support mount.  
Arabesque  
Stretch jump x2  
T touch T  
Leap straight leg.  
Forward, backward leg swing  
1/2 Pivot turn  
Passe  
Split jump  
Backward step fish pose  
Cartwheel to handstand 90 degree turn dismount.  
Stick  
Salute

**Level 5**

Front support fish pose mount

Stag sit to stand

Forward Passe Pose

Cartwheel or forward roll

2 stretch jumps

T touch T

Forward Backward leg swing

Scale

1 leg kick each leg

2<sup>nd</sup> pass

Backward kick

½ turn

Straight leg leap

Passe Pose

Split jump

2 Hop Stops

Releve lock stand

Cartwheel off beam dismount

**Advanced 1**

Front support fish pose mount

Stag sit to stand

Forward Passe Pose

Cartwheel or front walkover

Full turn

T touch T

Releve lock stand

2<sup>nd</sup> Pass

Backward kick

1/2 turn

Stretch Jump

Split Jump

Scale

Straight leg leap

Releve lock stand

Forward Passe Pose

Tuck off beam dismount



