



Fundamental Gymnastics Skills

Essential Gymnastics Skills to Master



Advanced Gymnastics Skills

1 Forward Roll

Start in a squat, tuck chin, roll forward, and stand up. Teaches body control and coordination.

2 Cartwheel

Step forward, reach towards the ground, kick legs over, and land. Develops upper body and core strength.

3 Backbend

Lean back, reach hands to the ground, and push hips forward. Flexibility and strengthens back muscles.

4 Handstand

Kick legs up, keep arms straight, and align body. Builds balance and coordination.

5 Front Handspring

Requires strength and momentum. Push off hands and flip forward land on feet.

6 Round Off

Enhances tumbling ability. Similar to a cartwheel but lands on both feet.

7 Back Handspring

Showcases power and agility. Push off legs, flip backward, and land.

8 Aerial

A no-hands cartwheel. Requires exceptional balance and body control.

9 Back Tuck

A backflip that requires tight tuck positioning. Swing arms, tuck knees, rotate, and land.



As a recommendation, you can register for the Sports & Performing Arts Academy at Rockstar Academy. Accompanied by trusted and experienced mentors, Rockstar Academy will also push your abilities through several Gymnastics events and competitions.

Gymnastics Basics

Lei Huang



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