

ACROBATICS



GYMNASTICS



SAGF


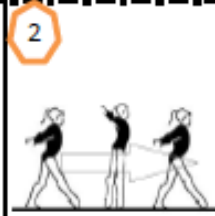

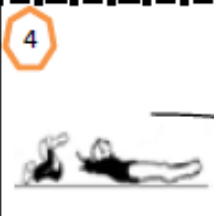







SOUTH AFRICAN GYMNASTICS FEDERATION


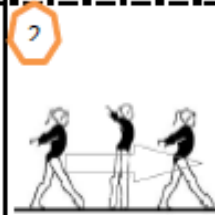
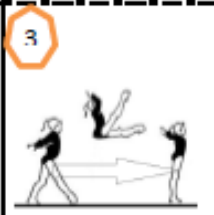




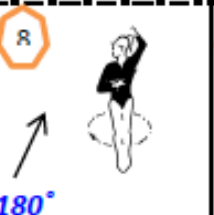

NATIONAL CODE 2017 - 2020

STAGES & LEVEL 1-3 SET MANUAL

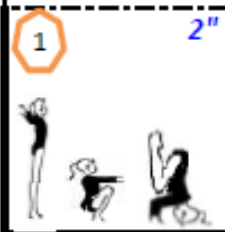
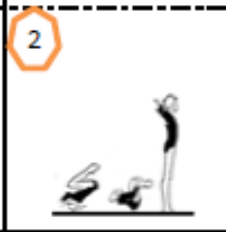
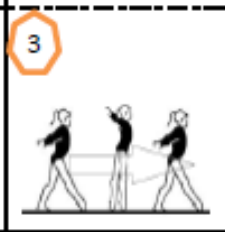
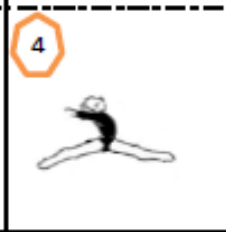

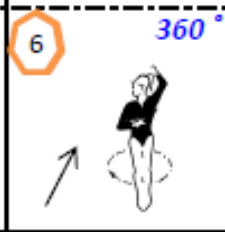
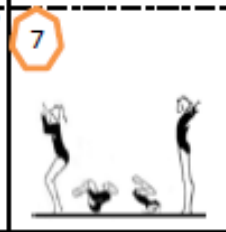
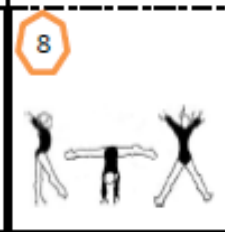
1. STAGES ONE - AGE GROUP: 6/U, 9/U, 12/U AND 13/OVER

FRONT PASSE BALANCE -90° 2" (BEND KNEE) finish feet together	chasse - feet together	STAND- BEND FORWARD TOUCH FLOOR STRAIGHT LEGS - stand up - squad into	FORWARD ROLL TO STRAIGHT BODY	turn to stomach	Pull into swallow - press with hands on the floor knees and stand up	FORWARD tuck ROLL	FORWARD tuck ROLL	STRETCH JUMP
1	2	3	4	5	6	7	8	9
								

2. STAGES TWO - AGE GROUP: 6/U, 9/U, 12/U AND 13/OVER

ARABESQUE 45° 2"	feet together Chasse -	SCISSOR JUMP	FORWARD ROLL TO DISH	PUSH UP TO BRIDGE - LIE DOWN PUSH TO CANDLE STICK	FROM 2" CANDLE STICK HOLD, ROLL OUT	FORWARD tuck ROLL	STRETCH JUMP 180°	BACKWARD ROLL
1	2	3	4	5	6	7	8	9
								

3. STAGES THREE - AGE GROUP: 6/U, 9/U, 12/U AND 13/OVER

STAND - SQUAD TUCK UP INTO HEADSTAND	FORWARD ROLL OUT TO STAND -	CHASSE -	LEAP JUMP 90°	FORWARD TUCK ROLL	STRETCH JUMP 360° TURN	BACKWARD ROLL TUCK LEGS TO STAND	SIDE CARTWHEEL	STEP HOP ROUND-OFF
<p>1 2"</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 	<p>6 360°</p> 	<p>7</p> 	<p>8</p> 	<p>9</p> 