

Level 2 routines - PLEASE PRACTICE!!

Floor - Stand with feet together, arms up and pressed back. When the music starts, step with bad foot (arms go to ears), kick with good foot, handstand hold. Lunge with front foot turned out and press arms.

Angel arms down, run, run hurdle roundoff, run back, run back, stretch in relevé;

Arms over head (roof), backward roll to pike, stand up with straight legs; press;

Candlestick, sit up (arms to ears), lay down with legs together, slide knees in to push up to bridge, kick over, finish in lunge, press.

Step with bad foot, lock the good foot behind. Pivot turn with arms covering ears. Step in front with bad foot again, pivot turn, point bad foot to the front. Plie and chasse on bad leg, leap on the good leg (holding the bad leg up behind in arabesque), step on the bad leg, kick the good leg in front to horizontal then step on the good leg and pull the bad leg to passé (toes pointed next to kneecap). Arms should be in turn arms.

Heel snap ¼ turn with arms round, heel snap ¼ with arms round. Step in front with bad foot turned out, plié, crown arms, point the back toe under and press.

Pull the feet together, split jump with arms to side, finish in releve. Step in front with the good foot turned out, plié, point back foot, and press.

Song: Step kick handstand, hooooold. Run-run, roundoff. Run back, backward roll, stand up, press.

Candlestick, sit up, lay down, kick-over. Step lock, pivot, pivot, point. Plie, chasse, leap and kick. Passe, passé, plié point press. Split jump, plié, point press.

Beam –jump up to front support, swing good leg over the beam, lift arms up and circle them backwards and as they come to the front, push down to swing to a push up position. Jump feet in so that good foot is in front, sit up with a flat back, relevé stand and press;

Point the bad foot to the front. Point it to the the back. Lift to an arabesque (hold 3 seconds) with arms out to the side. Point foot behind on the beam. Step in front with the bad foot, kick with the good foot and close that foot in front. Then lift the bad foot to kick behind. Plie with arms down, releve, with arms up to ears.

Step in front with bad, kick with good, “t”-position to touch the beam, finish with arms covering the ears to a lunge and press;

Bring the bad leg to passé (foot pointed at knee), hands are on the hips.

Step with bad foot and lock the good foot behind. Pivot turn. Plie with arms down. Straight jump with arms in crown overhead and legs in plié. Then arms come down and legs straighten.

Fish pose (bring the bad leg up to kick the rear end, with knees together) and arms crossed.

Step with bad foot, kick with good foot, “T” into dismount.

Watch some of the routines on YOUTUBE.

Search USAG Level 2 - 9.0 floor routines. You may hear some variety in music or see something slightly different than how we do it, but most of these routines are correct and use good form. Have your gymnast watch these over and over. Have them visualize themselves doing the routine, practice the arm movements in front of a mirror, and have them tell you “cue” words that they will remind themselves during their routines (be tight, “t” with arms to my ears, straight legs, etc.) If you practice at home or when at the gym, please video tape a routine or two and have your gymnast tell you what corrections they need to make.

Make sure your gymnast does the blog homework for mental training. Visit www.wildcard-team for the homework.

***P.S. – Words that end in é are pronounced with a long A sound like in DAY.**

Relevé – rel-a-vay Plié – Plee-ay Chassé - Sha-say Coupé - Cou- pay