

# **Illustrated Guide**

**2013-2016**

## **USAG Men's Junior Olympic Compulsory Exercises**

**for levels 3-7**

**Version 1.021**

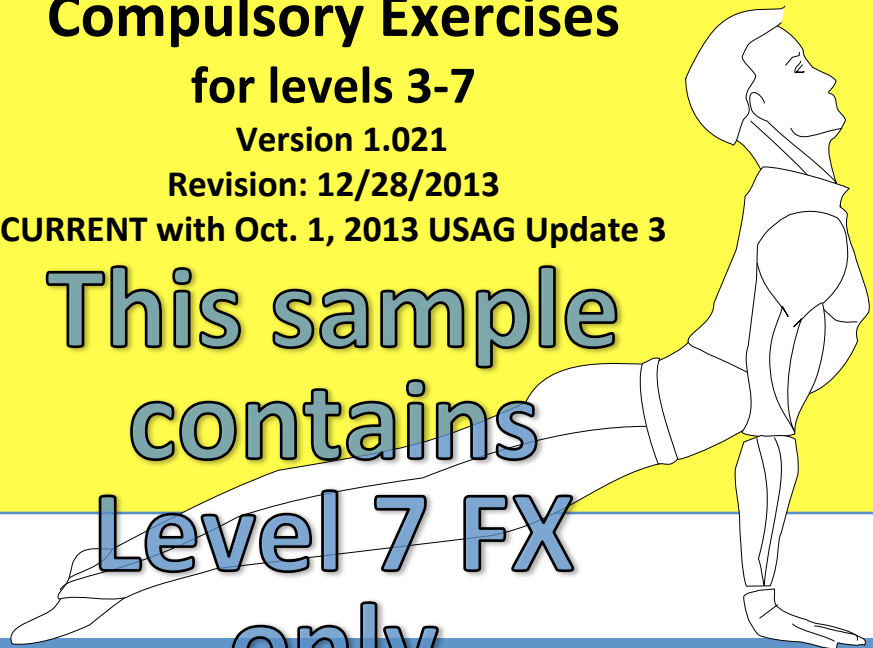
**Revision: 12/28/2013**

**CURRENT with Oct. 1, 2013 USAG Update 3**

**This sample  
contains**

**Level 7 FX  
only**

**LEVELS  
4-7**



***These materials are fully vetted by and licensed with - USA Gymnastics.***

# CONTENTS

Contents	2
Special Notes	3
Acknowledgements	3
Conventions used	4

## **THE ILLUSTRATED COMPULSORY EXERCISES**

### **LEVEL 4**

Floor Exercise	5
Mushroom	6
Pommel Horse	7
Still Rings	8
Vault	9
Parallel Bars	10
Horizontal Bar	11

### **LEVEL 5**

Floor Exercise	12
Mushroom	13
Pommel Horse	14
Still Rings	15
Vault	16
Parallel Bars	17
Horizontal Bar	18

### **LEVEL 6**

Floor Exercise	19
Mushroom	20
Pommel Horse	21
Still Rings	22
Vault	23
Parallel Bars	24
Horizontal Bar	25

### **LEVEL 7**

Floor Exercise	26
Pommel Horse	27
Pommel Horse (continued – Bonus elements)	28
Still Rings	29
Vault	30
Parallel Bars	31
Horizontal Bar	32

Event Posters	33
Scoring Matrix	34

This sample  
contains  
Level 7 FX  
only

## SPECIAL NOTES

The USAG Manual and Official Updates from the Age Group Competition Program take precedence over any interpretation in the Illustrated Guides/Posters.

The LEVEL 3 Illustrated Guide is available as a **free** download from the Ganba Gymnastics website at:  
<http://sbonham.com/ganba/illustrated.html>

Every effort will be made to keep the Illustrated Compulsory Exercises current with the official USAG Men's Program Manual. When updates are made and illustrations created and approved by the Men's JO Program Director, those who have purchased the Illustrated Guides will receive a free update via email attachment. Sorry - at this time the same offer cannot be made for Poster Sets.

Certified US Judges and current members of the NGJA shall be given a 50% discount on the Illustrated Guide.

USAG JO Program Committee members (Regional Chairmen, Athlete Reps, Junior National Coaching Staff, State Chairmen, etc.) receive a complimentary Illustrated Guide.

Ganba Gymnastics also offers:

Event Posters – see page 33 for details

## ACKNOWLEDGEMENTS

*These guides were inspired by many coaches, teachers and friends. I am very grateful. I'd like to thank in particular the following people for their generous input in this project:*

- Ginger Baxter - for her steady encouragement and for her honest, no-nonsense (always kind) practical suggestions... for her "keep it simple" mantra.
- Phil "Doc" Savage - a great gymnast, coach and artist, for both his technical insight and great functional design advice.
- Gerald George - for setting the new paradigm of the technical aspects of gymnastics so appealing and concrete... and for his biomechanics feedback.
- Fred Martinez - for guiding my early development and for illuminating the ART in artistic gymnastics... especially - for his passion to effect learning.
- Robert Dillard - my first coach, who taught me to seek patterns and to constantly reflect upon applying my discoveries to both gymnastics and life.
- Loyd Huval and Armando Vega - my college coaches (and my teammates at UNO and LSU too)- thanks for both your technical advice and for the often even more important "bigger picture" about what might be learned thru gymnastic training.
- Lee Woolls – the "Gymnastics My Way" guru, for demonstrating so well that sharing one's understanding enriches all of us in the gymnastics community.
- Dusty Ritter - for his editing assistance in aligning this illustrated resource with the Official USAG Manual's Text.
- Robert Ito - of the NGJA USAG Region 1 for his excellent judging input.
- The coaches (especially Russ Bonham & Josh Gorton) & gymnasts I've worked with during this project at The Islands YMCA in Savannah, GA and at East Coast Gymnastics in Merritt Island, FL.

This sample  
contains  
Level 7 FX  
only

## Conventions used in these pages (How to interpret these pages)

**NOTE:** The USAG Manual and Official Updates from the Age Group Competition Program take precedence over any interpretation in the Illustrated Guides.

### LEGEND

#### TEXT

Black text describes required skill parts.

Red text describes skills that may be added or substituted to earn either additional bonus or virtuosity points.

Green text = safety info.

#### NUMBERS

Illustrations are numbered and *usually* sequenced from left to right. Where there are exceptions a yellow arrow (as shown between 20 & 21 below) will appear to assist flow.

#### FIGURES

Black-lined figures = gymnast performing required skills.

Red-lined figures = bonus or virtuosity-related items.

Green-lined figures = maximal performance – as I imagine Scherbo, Nemov and/or Uchimura might perform the part.

Check the Ganba! Gymnastics web site for additional information on many of these and other gymnastics skills.

## Men's Horizontal Bar

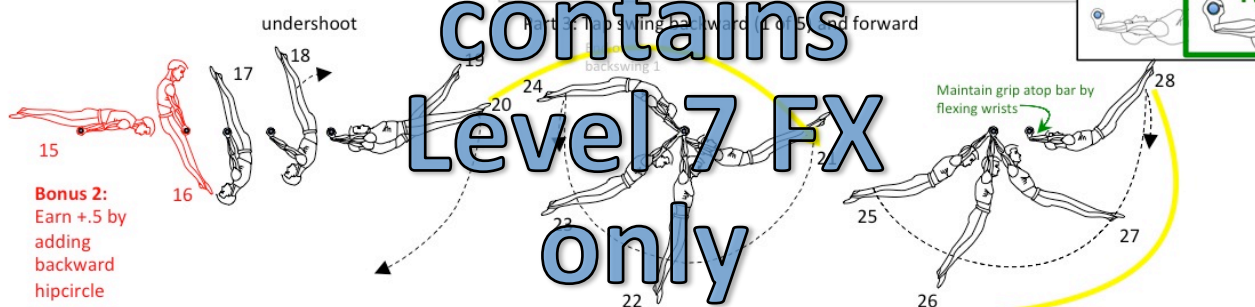
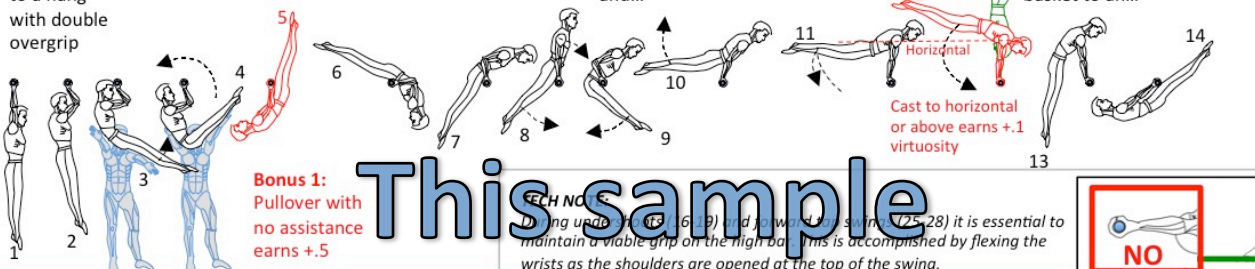
Part 1: Jump to a hang with double overgrip

Pullover (with an assist) to...

front support

Part 2: Fold and cast to horizontal and...

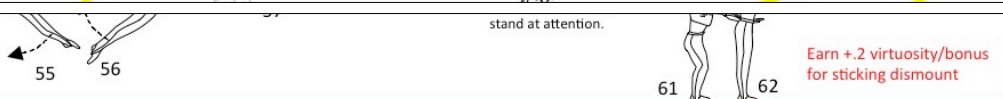
rotate backward to an open basket to an...



Part 4: Tap swing backward and...

swing forward

Part 5: Swing backward to an uprise-hop - regrasp in double overgrip



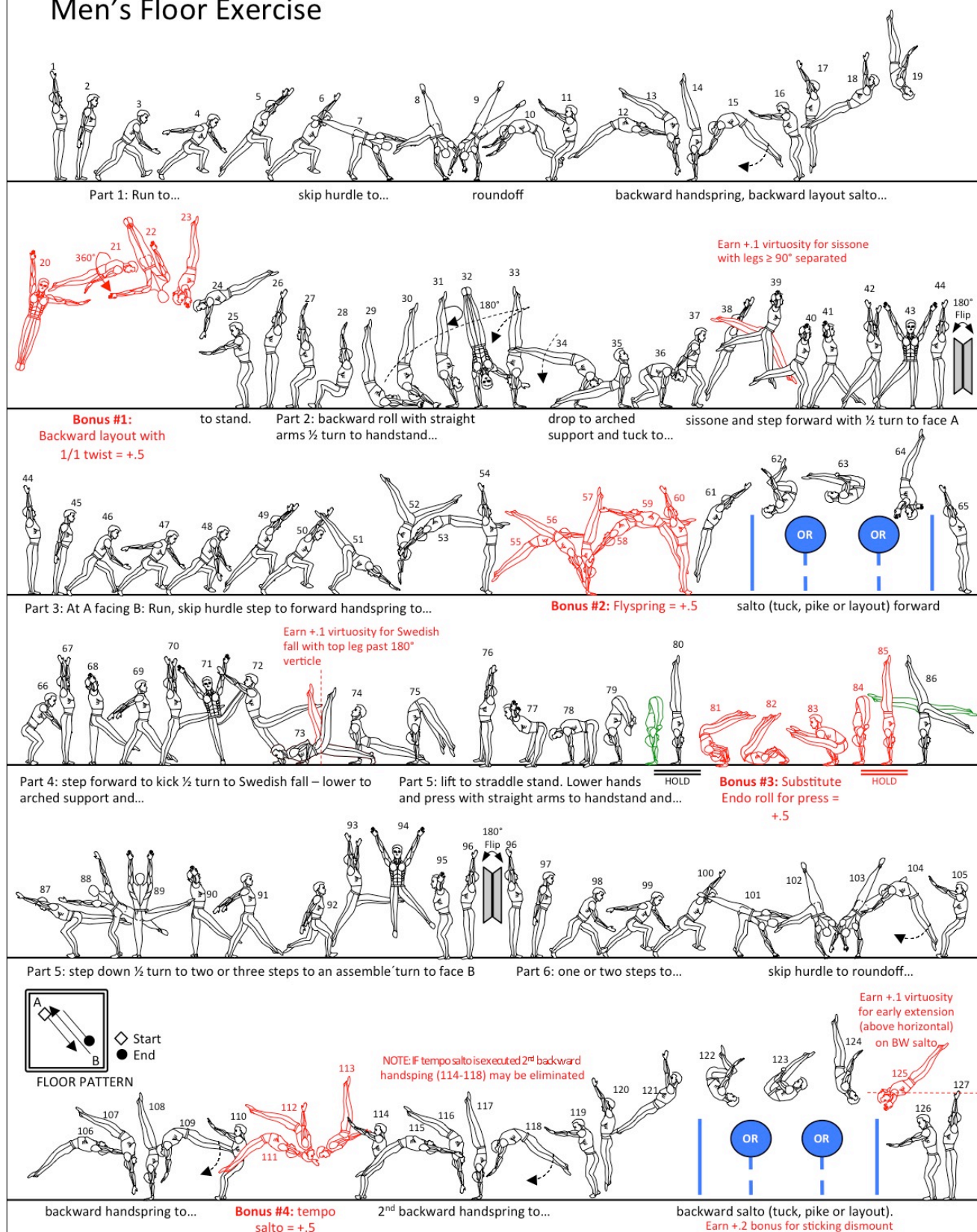
**WARNING!** These illustrations were designed and developed by Steve Bonham and are the sole property of Ganba! Gymnastics™. The unauthorized duplication or redistribution of this copyrighted work is illegal. THAT SAID - **Free samples** of this work are available for download at <http://sbonham.com/ganba> and can be freely shared (even via email attachment) with the gymnastics community – and that practice is encouraged. Spread the word! Ganba!!

Page # in USAG  
Men's JO Program  
Manual

8.51



## Men's Floor Exercise



**Part 1:** Run to... skip hurdle to... roundoff backward handspring, backward layout salto...

**Bonus #1:** Backward layout with 1/1 twist = +.5

**Part 2:** backward roll with straight arms ½ turn to handstand... drop to arched support and tuck to... sissone and step forward with ½ turn to face A

**Bonus #2:** Flyspring = +.5

**Part 3:** At A facing B: Run, skip hurdle step to forward handspring to... salto (tuck, pike or layout) forward

**Bonus #3:** Substitute Endo roll for press = +.5

**Part 4:** step forward to kick ½ turn to Swedish fall – lower to arched support and... **Part 5:** lift to straddle stand. Lower hands and press with straight arms to handstand and... **Part 6:** one or two steps to... skip hurdle to roundoff...

**FLOOR PATTERN**

**NOTE:** IF tempo salto is executed 2<sup>nd</sup> backward handspring (114-118) may be eliminated

**Bonus #4:** tempo salto = +.5

**Bonus #5:** Earn +.1 virtuosity for early extension (above horizontal) on BW salto

**Bonus #6:** Earn +.2 bonus for sticking dismount



**Conventions used**  
NOTE: The USAG Manual and Official Updates from the Age Group Competition Program take precedence over any interpretation in the Ganba! Gymnastics posters and illustrative guides.  
**LEGEND**  
Skill: Black text describes required skill parts.  
Red text describes skills that may be added or substituted to earn either additional bonus or virtuosity points.  
Green text = safety info.

# HORIZONTAL BAR



**Ganba! Gymnastics™**  
sbonham.com/ganba

**NUMBERS**  
Skill parts are numbered and usually sequenced from left to right. Where there are exceptions a yellow arrow (so shown between 21 & 22 below) will appear to assist flow.

**COLOURS**  
Black text figures = gymnast performing required skill.  
Red text figures = bonus or virtuosity related items.  
Green text figures = maximal performance – as if Imagine Scharbo, Nemov and/or Litvinenko might perform the part.  
Blue-lined grey figures = where coach is permitted to physically assist the gymnast without deduction.

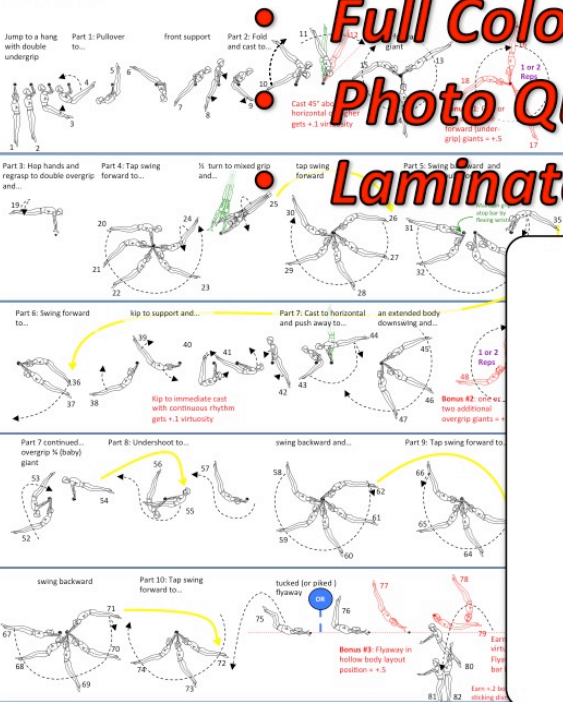
## LEVEL 4



## LEVEL 5



## LEVEL 6



## LEVEL 7



Posters are:

• 24" X 36"

• Full Color

• Photo Quality Paper

• Laminated



