

# Illustrated Guide

2013-2016

## USAG Men's Junior Olympic Compulsory Exercises

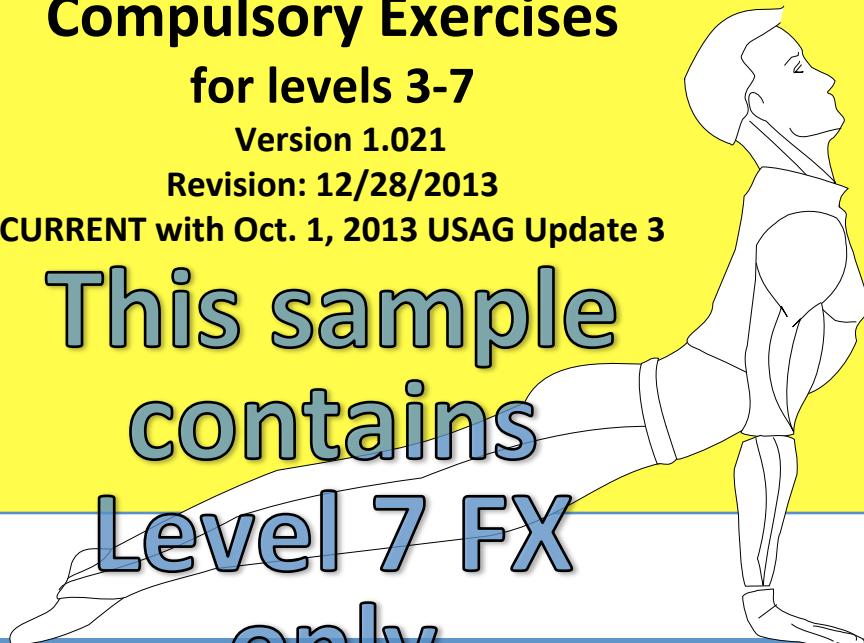
for levels 3-7

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**



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## THE ILLUSTRATED COMPULSORY EXERCISES

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<i>Horizontal Bar</i>	11

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<i>Horizontal Bar</i>	18

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## 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

**This sample contains Level 7 FX only**  
These guides were inspired by many coaches, teachers and friends whom 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.
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- 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.
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**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.

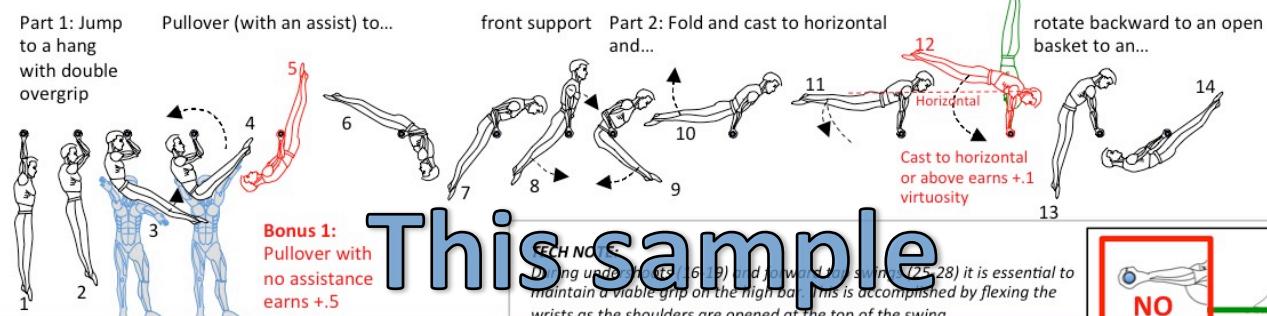
Red-lined figures = bonus or virtuosity-related items.

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

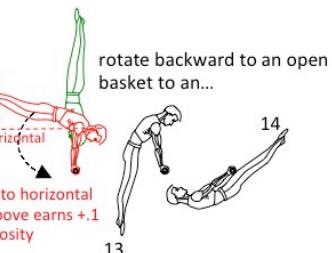
Part 1: Jump to a hang with double overgrip



Pullover (with an assist) to...

front support

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



rotate backward to an open basket to an...

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Bonus 1:  
Pullover with  
no assistance  
earns +.5

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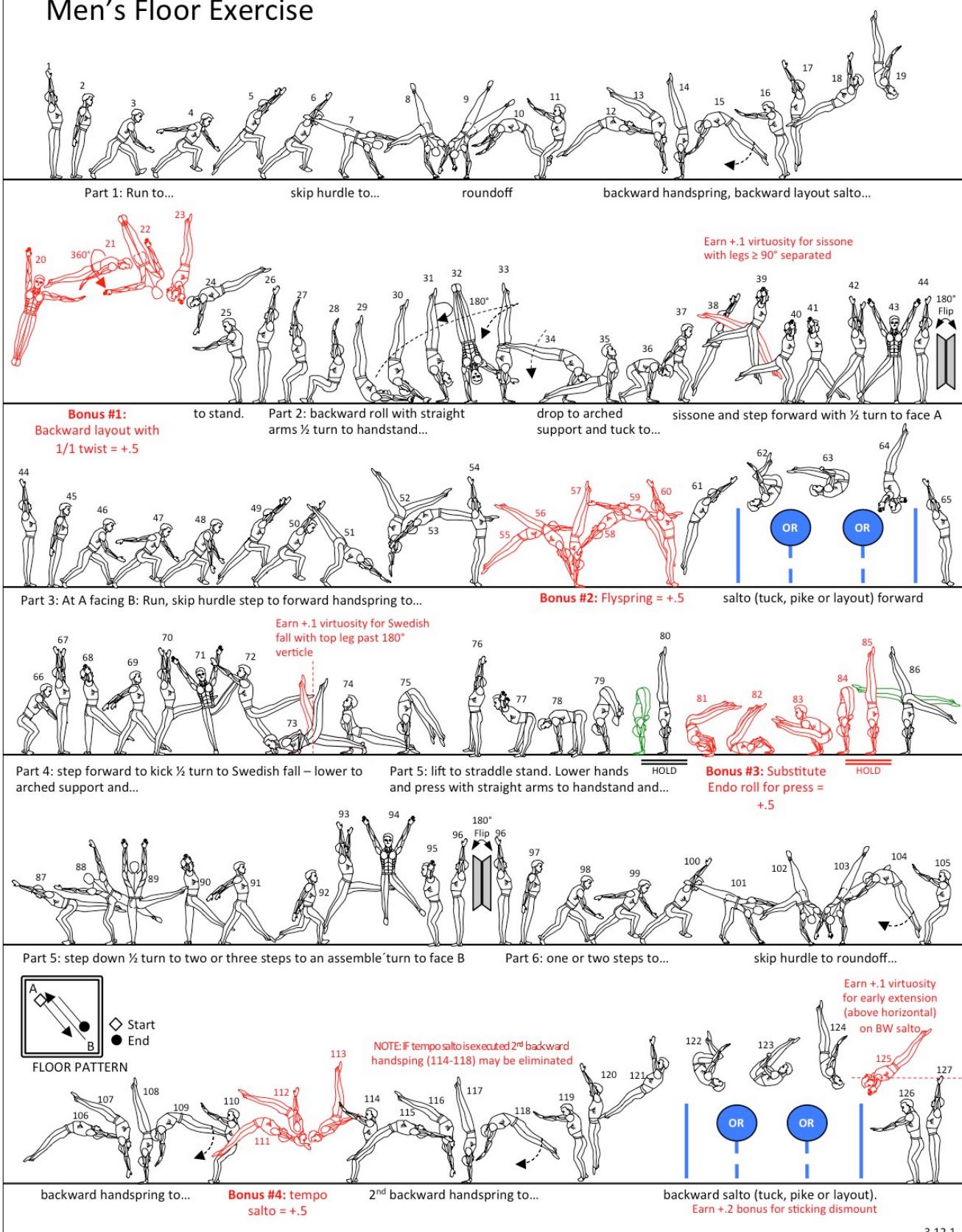
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## Men's Floor Exercise







## **SCORING MATRIX**

This sample  
contains  
Level 7 FX  
only