

THE GYMNASTICS ASSOCIATION OF HONG KONG, CHINA

Women's Artistic Gymnastics Selection for Hong Kong Team (Squad B)

WAG Selection Content

6-7 YEARS OLD

Physical fitness						Flexibility	VT	UB			BB	FX				
Leg lifts in 30 sec	Chin-ups in 30 sec	Jumps on box in 60 sec	Press to HSTD on floor in 30 sec	Rope climbing with leg support	HSTD on wall	Splits kicks jumps	From run (over 10m) jump from tramp to handstand on mat (70 cm) and fall to flat back	Pullover, 5 times in a row	Cast 45°, 10 times in a row	Swings, 10 times (in straps)	<ul style="list-style-type: none"> Scale balance 2 sec Walk fwd to the middle Split jump 90° Relevé turn (180°) Walk bwd to the end Dismount - straight jump (High beam) 	Fwd roll with straight leg, Bwd roll to front support	Fwd walkover	Bwd walkover	Round off	Headspring

8-9 YEARS OLD

Physical fitness						Flexibility	VT	UB			BB	FX				
Leg lifts in 30 sec	Chin-ups in 30 sec	Jumps on box in 60 sec	Press to HSTD on floor in 30 sec	Rope climbing without leg support	HSTD	Splits kicks jumps	Front tuck on mat (50 cm)	Kip-up, 7 times in a row	Cast 90°, 10 times in a row	Swings to handstand, 10 times (in straps)	<ul style="list-style-type: none"> Mount - straddle press 2 sec Cartwheel Split leap + Split jump 180° turn in passe Back walkover Dismount – Fwd tuck (High beam) 	Bwd roll to HSTD	Fwd handspring in a row	Fwd tuck	RO + BH in a row	Back tuck

10-11 YEARS OLD

Physical fitness						Flexibility	VT	UB			BB	FX				
Leg lifts in 30 sec	Chin-ups in 30 sec	Jumps on box in 60 sec	Press to HSTD on floor in 30 sec	Rope climbing without leg support	HSTD	Splits kicks jumps	Handspring Yurchenko (table - height 1m, can use tramp)	Kip-up, 10 times in a row	Cast to HSTD, 10 times in a row	Giants bwd, 10 times (in straps)	<ul style="list-style-type: none"> • Mount - straddle press to HSTD • Switch leap + Split jump + Sissonne • Back walkover + BH • 360° turn in passe • Fwd walkover • Dismount – RO + straight jump (High beam)	Fwd handspring + tuck	Fwd aerial	Fwd pike	RO + BH + back tuck	RO + BH + back layout

12 YEARS OLD

Physical fitness						Flexibility	VT	UB			BB	FX				
Leg lifts in 30 sec	Chin-ups in 30 sec	Jumps on box in 60 sec	Press to HSTD on floor in 30 sec	Rope climbing without leg support	HSTD	Splits kicks jumps	Handspring Yurchenko (table - height 1.15m, can use tramp)	Kip-up, 15 times in a row	Cast to HSTD, 15 times in a row	Giants bwd, fwd 10 times each (in straps)	<ul style="list-style-type: none"> • Mount - straddle press to HSTD • Switch leap + Split jump + Straddle jump • BH + BH • 360° turn in passe • Fwd handspring • Dismount – RO + back tuck (High beam)	Fwd handspring + layout	Fly handspring	Fwd tuck in a row (3 times)	RO + BH + back layout	RO + BH + back layout 360°