

Instructor Training Program

Levels 1 through 4 Uneven Bars

Level 1 - Uneven Bars

SKILL	<p>MOUNT: BACK HIP PULLOVER</p> <ul style="list-style-type: none"> ● Grasp bar with hands "shoulder width" apart and pull chin to bar with elbows pressed firmly into torso while hips round and legs are lifted over bar. ● Shift hands and straighten arms arriving in a fully extended front support at completion of skill.
Drills	<p>1. WALK-UP PULLOVERS</p> <ul style="list-style-type: none"> ● Grasp low bar and "walk up" an obstacle (box, incline mat) that is placed directly in front of low bar ● Finish "walk up" with a kick over bar <p>2. LEG SWING PULLOVERS</p> <ul style="list-style-type: none"> ● Initiate pullover by swinging one leg at a time up and over to finish in front support (alternate the swinging leg) <p>3. WRIST SHIFT DRILL</p> <ul style="list-style-type: none"> ● Shift wrists and hands to top of bar while pushing to front support from a folded hip position (legs braced throughout)
Spotting	<p>From a lateral stance at low bar...</p> <ul style="list-style-type: none"> ● Placing one hand on the back and the other hand on the leg (hamstring area) assist in inverting and pulling up ● Move one hand to shoulders as hips contact bar to aid in completion of pullover
Conditioning	<p>1. Bent arm holds</p> <ul style="list-style-type: none"> ● Hang from a bar with arms bent and elbows in, hold shape maintaining tightness throughout <p>2. MODIFIED PULL-UPS</p> <ul style="list-style-type: none"> ● Execute consecutive pull-ups from a hang on bar with feet braced on an elevated obstacle <p>3. FLOOR BAR LEG LIFTS</p> <ul style="list-style-type: none"> ● Perform straight leg lifts from a back lying position with hands grasping "floor" bar
SKILL	<p>CAST</p> <ul style="list-style-type: none"> ● Initiate from an extended body position, arms straight ● Compress to a pike position with arms straight and a slight shoulder shrug ● Open hips aggressively to a tight straight position while maintaining a slight forward shoulder lean over bar

Drills	<ol style="list-style-type: none"> 1. MULTIPLE CASTS <ul style="list-style-type: none"> ● Perform "mini cast" keeping the shoulder in front of hands and arms straight 2. "TARGET" CAST <ul style="list-style-type: none"> ● Use foam block or pad as target ● Challenge gymnast to kick pad held in front of bar (pike compression) and kick pad held in back of bar (hip extension)
Spotting	<p>FROM A LATERAL STANCE TO LOW BAR</p> <ul style="list-style-type: none"> ● Place one hand on the arm above the elbow to maintain shoulder position and stability ● Place the other hand on the quadriceps to aid in the elevation of the legs
Conditioning	<ol style="list-style-type: none"> 1. REVERSE LEG LIFTS <ul style="list-style-type: none"> ● Develop the pike and hip extension from a front lying position on horse or other elevated surface that allows this movement of legs 2. FRONT SUPPORT SHOULDER SHRUGS <ul style="list-style-type: none"> ● Practice shrugging and extending through the shoulder girdle from a front support on a bar 3. PUSH-UP POSITION HOLDS <ul style="list-style-type: none"> ● Maintain a straight, tight body shape with hands on a floor bar and legs elevated on a panel mat (basic push-up position)
SKILL	<p>BACK HIP CIRCLE</p> <ul style="list-style-type: none"> ● Cast to extended body shape with straight arms ● Lean backwards and round hips as the body returns toward bar to enable the body to rotate and invert ● Rotate the wrist to the top of the bar during the completion of the circle ● Finish with straight arms and extended body shape
Drills	<ol style="list-style-type: none"> 1. OPEN AND HOLLOW DRILL <ul style="list-style-type: none"> ● Practice moving from a straight body shape to a hollow shape from a front support 2. LEAN BACK HIP DRILLS <ul style="list-style-type: none"> ● Lean or "rock" backwards to a back hip circle without a cast (perform with a spotter) 3. WRIST ROTATION DRILL <ul style="list-style-type: none"> ● Develop wrist rotation and body extension from a piked front support with the feet hooked or supported on a box
Spotting	<p>FROM A STAND ON THE FRONT SIDE FOR THE BAR</p> <ul style="list-style-type: none"> ● Place one hand on the upper back and the other hand on the hamstring as the

hip circle is initiated

- Reposition one hand to the upper arm or chest after the gymnast passes through the inverted position and begins to rotate up to aid in the completion of the circle

Conditioning 1. PANEL MAT PUSH-UPS

- Execute multiple "hollow" push-ups with hands elevated on a panel mat

2. HOLLOW BODY HOLDS

- Lift to a rounded hip and hollow torso shape and hold from a lying position on back, hands pressed on legs

3. GRAPEFRUIT CRUSHERS

- Practice squeezing and releasing a rubber ball with both hands to develop grip and hand strength

SKILL CAST PUSH AWAY

- Begin in a straight arm, extended body position
- Compress to a pike position with straight arms and a slight shoulder shrug
- Open hips aggressively to a tight, straight position while keeping a slight forward shoulder lead
- Push away to a safe landing position using the arms and shoulders

Drills REPEAT ALL PREVIOUS LISTED DRILLS FOR CASTING IN ADDITION TO THE FOLLOWING

1. TARGET DISMOUNT DRILL

- Execute a cast, push away and landing on or into a target placed behind the bar (i.e. hoop, carpet square)

Spotting FROM A STANCE BEHIND THE BAR

- Use one hand to move the shoulders upward and backward and the other hand to support the legs
- Reposition hands to the waist area to assist the landing

Conditioning 1. BABY PLANCHE PUSHES

- Keep hands and feet stationary while pushing backward moving hips from initial push-up position to a piked position
- Emphasize high hip lift in pike and open shoulders

Level 2 - Uneven Bars

SKILL Refer to Level 1 for the following skills

1. **MOUNT: BACK HIP PULL-OVER**
2. **CAST**
3. **BACK HIP CIRCLE**
4. **CAST STRADDLE-ON** and 5. **SOLE CIRCLE DISMOUNT**

- Execute a cast with the shoulders slightly in front of bar

- Push down against the bar and elevate the hips
- Place the balls of the feet in a straddle position on the bar outside of, but close to the hands
- Maintain neutral head position
- Keep pressure on the bar with the feet by pushing the ankle through high relevé as the body falls backward and downward
- Arms remain straight throughout with an open shoulder angle and hollow chest position
- Release the feet from the bar as the hips rise and continue movement to extension through hips and shoulders
- Maintain a tight straight body position in flight and execute a safe landing position

Drills

1. INVERTED STRADDLE SOLE CIRCLE SWING

- Generate small swings keeping feet on bar while hanging in an inverted straddle position (spotting assistance is necessary)

2. SHOOT-OUT DRILL

- Initiate on an eight inch skill cushion from a back lying position with legs straddled and piked
- Shoot the hips open and extend the shoulders to finish in a flat, lying position

3. FLOOR BAR STRADDLE-ONS

- On an eight inch skill cushion begin from a push-up position with hand support on a floor bar
- Jump to a straddled "toe-on" position and fall backwards, downward to arrive in a straddle seat position

4. JUMP SOLE CIRCLE DISMOUNT

- Place hands on low bar from a standing position on an elevated surface and jump to straddle-on to execute a sole circle dismount

Spotting

FROM A STAND ON THE BACK SIDE OF THE BAR

- Grasp the near leg (thigh area) with both hands and aid in the elevation of the hips by pushing upward
- Move one hand to the lower back when both feet have been placed on the bar and continue to help control the downswing to the shoot-out and landing (slow down if necessary)

Conditioning STRADDLED LEG LIFTS

- Straddle and lift legs to a toe touch on bar from a long hang position

INCH WORM

- Place hands on floor in a straddled pike stand and push down and elevate hips lifting the feet slightly off the floor and moving them forward. Repeat movement several times

Level 3 - Uneven Bars

SKILLS	<p>Refer to Level 1 for the following skills</p> <ol style="list-style-type: none"> 1. MOUNT: BACK HIP CIRCLE 2. CAST 3. BACK HIP CIRCLE 4. SINGLE LEG CUT <ul style="list-style-type: none"> • Shift weight to one arm in front support • Release opposite hand and execute a straight leg cut • Regrasp bar and "elevate" body to an extended stride support
Drills	<ol style="list-style-type: none"> 1. WEIGHT SHIFTS <ul style="list-style-type: none"> • Begin in a front support and "rock" or shift weight from one side to the other by slightly lifting each hand 2. STANDING LEG CUTS <ul style="list-style-type: none"> • Practice consecutive leg cuts from a stand at a bar that is waist height
Spotting	<p>FROM A STANCE BEHIND AND TO THE SIDE OF THE BAR</p> <ul style="list-style-type: none"> • Grasp the leg that does not cut with both hands in the thigh area • Continue to support this leg so that the other leg can freely execute the "cutting" action
Conditioning	<ol style="list-style-type: none"> 1. PUSH-UP WEIGHT SHIFTS <ul style="list-style-type: none"> • Strengthen weight shifting by transferring weight from one side to the other in a push-up position 2. BACK LYING LEG CIRCLES <ul style="list-style-type: none"> • Slowly circle legs in both outward and inward motion from a lying position on back • Drill one leg at a time and increase intensity by circling both legs at the same time (support lower back with hands if necessary)
SKILL	<p>FORWARD STRIDE CIRCLE</p> <ul style="list-style-type: none"> • Initiate in an extended stride support with front leg lifted off of bar, legs in a wide separation (split), head neutral • Circling begins by stretching front leg forward and keeping the thigh of the back leg against the bar, split position of the legs is maintained throughout circle • Shift the wrists and push down to an extended stride support as the last phase of the circle occurs.
Drills	<ol style="list-style-type: none"> 1. SHOULDER SHRUG STRIDE SUPPORTS <ul style="list-style-type: none"> • Execute several shoulder shrugs from a stride support by lifting and lowering the front leg off of bar. 2. "CAPTAIN HOOK" UPRISE <ul style="list-style-type: none"> • Hang below the bar with one leg hooked and the other leg straight behind bar, attempt several swings to a forward uprise

- Finish with tucked swinging leg extending straight to front stride support (Use both under and over grip and spotting assistance as needed)

3. STRIDE SUPPORT STEM RISE

- Perform a stride support stem rise on a low bar by pushing off of the floor with the back leg and "shooting" the front leg up and over the bar (may use step approach)

Spotting FROM A SIDE STAND BEHIND THE BAR

- Reach forward (under bar) to brace the upper arm with one hand; the other hand supports the back as the bottom of the circle occurs

Level 4 - Uneven Bars

REFER TO PREVIOUS LEVELS FOR THE FOLLOWING LEVEL 4 SKILLS

1. **MOUNT "A" BACK HIP PULLOVER**
4. **FORWARD STRIDE CIRCLE**
6. **CAST**
7. **BACK HIP CIRCLE**

SKILL STRADDLE OR PIKE GLIDE KIP

- Jump to bar in a hollow extended position
- Maintain pressure on bar by keeping round chest and extended shoulders as the glide is initiated
- Hips and lower back must maintain round shape through the bottom of the glide
- Hips and shoulders extend and begin to rise in the forward phase of glide (no arch/extended hollow shape)
- The rise of the hips and shoulders continue as the legs begin to pike to the bar
- A forceful opening of the hips with the legs traveling up the bar (kipping action) occurs at the top of the swing when the hips begin to change direction
- The arms forcefully pull down as a reaction to the kipping motion and continue to facilitate a "sit-up" action of the upper body
- Wrist rotate to front of the bar as the body becomes "weightless" from kipping action
- Finish position is a hollow shape with shoulders slightly in front of the bar

Drills 1. JUMP PUSH AWAY DRILL

- Jump and push away from a wall or bar in a rounded, extended position

2. JUMP BACK GLIDES

- Jump in a backward motion with hands on bar from a hollow, rounded back position and legs slightly bent
- Continue through to proper "glide" position

3. SIT-UP KIPS

- Practice the sit-up action of the kip from a piked back lying position on an eight inch skill cushion

4. STEM-RISE KIPS

- Train the kipping motion with one foot pushing from an elevated surface and the other leg extended to perform kipping motion (alternate legs)

Spotting FROM A SIDE STANCE IN FRONT OF THE BAR

- Support back with one hand and place the other hand on the back of the legs (hamstring) to facilitate the lifting of the legs to the bar and the kipping action

Conditioning 1. HOLLOW BODY BAR HOLDS

- Hold hollow straight body shape with leg and feet stable and extend feet backwards

2. HOLLOW BODY HANGS

- Hang on low bar in an "open" hollow shape holding feet off the ground

3. LEG LIFTS

4. BUNGI PULLS

- Standing hollow body "pull-downs" with surgical tubing >Back lying position, extended arm "pull-downs" with surgical tubing

5. PIKE SIT-UPS

- Forcefully practice the "sit-up" kipping motion from a flat back position with arms extended over head and feet braced on an obstacle

SKILL FRONT HIP CIRCLE

- Begin in an extended body position with legs against bar and initiate forward fall by lifting the heels and pressing the shoulders forward
- Maintain a stretched, extended position until body is horizontal to the floor
- Pike is initiated by a "chasing" motion of the upper body to the lower body as the heels continue to circle
- Wrist rotation around the bar occurs simultaneously with the piking motion of the circle just past "horizontal"
- Circle is completed in a piked position with arms straight, shoulders forward and the hands slightly on the front side of the bar

Drills 1. CRADLE BAIL DRILL

- Bail forward and backward in a "teeter-totter" motion from a front support with spotting assistance

2. PIKED COMPRESSION DRILL

vPractice the ("nose to knees") compression by executing small swings in a folded pike around bar

3. REPEAT KIP STEM-RISE DRILLS TO ENFORCE PROPER WRIST ROTATION AT COMPLETION OF CIRCLE

Spotting FROM A SIDE STANCE TO LOW BAR

- Reach to support with one hand on the shoulder at beginning of the circle

- Transfer hand to back and the other hand to hamstring area as the falling motion of circle occurs to facilitate the completion of the skill

Conditioning 1. ARCHED BODY ROCKS

- Lift upper and lower body and move forward and backward from a front prone position (maintain stretched open shape throughout)

2. UPHILL SIT-UPS/ARMS EXTENDED

SKILL SINGLE LEG SQUAT THROUGH

- Begin with a cast to a shoulders extended position slightly over low bar
- Maintain straight tight back leg while front leg tucks to "squat through" position
- Finish clear of the bar with legs split wide and upper body extended, head neutral, arms straight throughout

Drills 1. SPLIT THROUGH DRILL

- Tuck one leg quickly through to a split position from a push-up position on floor

2. "BACK AND FORTH" DRILL

- Begin from a front support with spotter supporting back leg as front leg lifts and tucks forward to a stride position and back to starting shape

Spotting FROM A SIDE STANCE BEHIND BAR

- Place forward hand on quadriceps and other hand on hamstring area of the same leg to support while front leg executes squat-through motion

Conditioning 1. SHIN LIFT DRILL

- Push up and down lifting knees and shins off of floor from a kneeling/hand support

2. "WALKING" SIT-UPS

- Alternate straight leg lifts with upper body in extended, hollow shape, "arms by ears" overhead (single leg V-up shape)

SKILL UNDERSWING DISMOUNT

- Initiate from front support with shoulders extended and upper body hollow
- Lean shoulders back and continue motion as hips rotate under, seat tight, keeping head neutral throughout
- Move through an inverted "candle" position and then shoot legs up and out by aggressively opening and extending from the arms and shoulders
- Body remains tight and extended to safe landing position

Drills 1. INVERTED "CANDLE SHOOT"

- Hang and then swing from inverted candle position to shoot-out with spotting assistance

2. BACKDROP TO HOLLOW DRILL

- Fall backward from a stand on an eight inch skill cushion to a tight, hollow "backdrop" position

3. INVERT FROM FRONT SUPPORT DRILL

- "Rock" or fall backward from front support to an inverted candle shape
- Execute consecutive swings maintaining shape to a shootout with spotting assistance

Spotting

FROM A SIDE STANCE TO BAR

Support back with far hand and first hand on hamstring area to aid during backward drop and shoot-out

Conditioning

1. HOLLOW BODY HOLDS

- Hold, maintaining a tight extended hollow body shape from a forward prone position with shoulders on a panel mat and feet on panel mat behind

2. SHOULDER EXTENSIONS WITH LIGHT WEIGHT

- Lift and lower arms holding a light weight in a straddle sit position >Enforce control with hollow chest and tight, straight arms

3. INVERTED BUNGI PULLS

- Arm extension (opening and closing) with tubing while body maintains inverted "candle" shape
Enforce body position and torso stability by elevating feet and upper body on panel mats