

2022 DEVELOPMENT PROGRAM — REQUIRED SKILL PROGRESSION BY LEVEL

						NON Dominant
1B	Beginner or entry level	$_{\psi}F_{or}_{\psi}T$	ţ		介一一	下
2A	Beginner or entry level	$_{\psi}F_{or}_{\psi}\mp$	b		ŵ or P	F
2В	Development level	ψF _{orΨ} Τ♂ _{or} ♂ <u></u>	b or F		n <mark>∨</mark>	ф
2C	Advanced Development	产 。、「下、「下、「下、「下、」	F ^{or} A		Ι	-⊕ _{or √} F
3A	Beginner or entry level	V_{o}	F _{or} \		⊕	⊕ or n
3В	Development level	₽ ₽₽₽	₹ 2	₹3	— or —	Γ_{ψ_1} , T_{ψ}
3C	Advanced entry to Novice	Ψ [™] orΨ [™] or √	₹ 2	₽.	<u>o</u> _{or} <u>o</u>	₽ *
8	Novice National Stream	ৢৄ৸ <mark>ৼঽ৽৽৸</mark> ঽ	3 3		0	

Things to remember when considering "required" elements and the GymCan program:

- all body difficulty skills for routines with apparatus are completely optional
- there are optional skills in FREE
- the required skills are designed to create healthy age-appropriate progression with a goal of building juniors who arrive in their FIG level healthy, skilled and balanced (right/left, front/back



2022 DEVELOPMENT PROGRAM — REQUIRED SKILL PROGRESSION LADDERS

Please review the skill progression ladder below from the bottom-up.

