

# Gymnastics

## Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



## Skills (S)

1	Shapes	8	Handstand	14	Round-off
2	Flighted shapes	9	Arabesque	15	Through vault
3	Point balances	10	Forward Roll	16	Straddle vault
4	Patch balances	11	Backward Roll	17	Handspring
5	Counter tension	12	V-Sit	18	Headspring
6	Counter balances	13	Shoulder stand	19	Forward somersault
7	Headstand	14	Cartwheel	20	Back somersault

## Tactics (T)

### Performance/Routine

1	Transitions	6	Variation
2	Aesthetics	7	Creativity
3	Control/Consistency	8	Use of apparatus
4	Body Tension	9	Fluency
5	Difficulty	10	Timing (Canon/Unison)

