



2022 DEVELOPMENT PROGRAM – REQUIRED SKILL PROGRESSION BY LEVEL

						NON Dominant
1B	Beginner or entry level					
2A	Beginner or entry level					
2B	Development level					
2C	Advanced Development					
3A	Beginner or entry level					
3B	Development level					
3C	Advanced entry to Novice					
8	Novice National Stream					

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.

